



How to Improve Passion and Energy for Reaching Weight-Loss Goals

Think about what energizes you in life. Is it people? Work? Learning? Hobbies? Exercise?

Are there also things in your life that drain your energy and pull you down?

In the space below, create two lists, one for “Energizers” and another for “Drainers.” Add everything you can think of that fits on these lists.

My Life Energizers

My Life Drainers

Choose your favorite one or two energizers from the list.

Write them here: _____

Action step

To build stronger passion and energy for your weight-management efforts, look for ways to eliminate or decrease the energy drainers in your life.

At the same time, intentionally increase your life energizers by putting more of those activities, people or events into your day.

As you build your passion and energy, you’ll discover it’s easier to stay on track with your weight management plan and accomplish your goals.

For additional help with building passion, see the Diet Coach Café article, “*Creating Weight-Loss Passion*”