



## Understanding my 'why' for losing weight

When you want to make changes to your health it's about moving AWAY FROM what you don't want and TOWARDS being the healthy person you want to be.

Your WHY is about how you want to *feel* not what you think you should do or worse still - what someone else says you should do.

What I'm moving AWAY FROM	What I'm moving TOWARDS
I want to lose weight because...	The things I'm looking forward to when I'm at my goal weight...

Summarise the things in the **moving TOWARDS** column into a concise sentence on the next page. The sentence should describe what your life will look like.





*At my goal weight, I...*

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The statement above is your **WHY!** This is what will keep you on track when your motivation starts to wane. Rewrite the statement and put it on the fridge or bathroom mirror, read it often.

The list of things you are moving away from also may be handy to read when you feel tempted to give up.

**What's holding you back? What's stopping you from getting to your goal weight?**

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**Is there anything holding you back that you don't have control over?**

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Are you being honest with your answers to the last question?

Often our so-called 'reasons' are just excuses.

I believe 99 percent of the time we have a choice, and the choices we make will either move us closer to our goal or further away.

**How do you make wise choices?** Stay focused on your **WHY** 😊