

12 Reasons “Why I Want to Reach My Goal Weight”

Name: _____ Date: _____

Before writing your reasons down, give them some thought. It is important that these 12 reasons be true personal goals and desires. They should not be generalizations or what you think would please others because they will be used as your “personal motivator.”

Take a few moments each day to thoughtfully read through this list. This is called mental programming. The original copy of your 12 reasons list will be retained in your medical file. However, you will be given a copy to carry with you at all times. We suggest that you also transfer your list onto an index card which may be more convenient to carry in your wallet.

Make a promise to yourself now: “I will read the entire card whenever I am confronted with a difficult food situation.” Reading the list will clearly reinforce your personal commitment to take control of your health and self-esteem.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____