

IDENTIFYING MY WHY

What is my primary reason for losing weight?

On a scale of 1-10 how important does that reason feel to me?

If I answered below a 7, what needs to change in order to feel an 8 or higher?

Is my reason compelling enough to prevent me from overeating? Yes or no?

Am I willing to keep going even when results don't come as quickly as I expect?

Challenge: Now put my WHY somewhere to remind myself daily. Sticky note, alarm in phone, and/or phone background. Whatever helps me remember my WHY throughout the day.