

GET COMMITTED TO YOUR NEW YOU



What weight do you want to be?

What do you need to do to achieve this weight?

What do you need to give up to achieve this weight?

Why do you want to achieve this weight? What will you gain?

What are the consequences if you do not achieve this weight? What will you miss out on?

How will you feel when you achieve this weight? Describe all your emotions in detail.

How will you feel if you do not achieve this weight? Describe all your emotions in detail. If you think you will be heavier in 6 months to a year think about the impact of this on your health and confidence too.

What is the story you have been telling yourself about why you cannot achieve this weight?

Rewrite your story now... what is your new story and why do you deserve to create your New You?