



*Know your why:*

Why do you want to lose weight?

---

---

---

Why is that important to you?

---

---

---

What will this give you?

---

---

---

How will it change your life?

---

---

---

Once you achieve that what will that give you?

---

---

---

Now create a one-line sentence that sums this up following this formula:

I want to lose weight because/so that:

---

This is important to me because it will allow me to:

---

This will change my life because then I can:

---

Ultimately this will enable me to:

---