



Know your why:

Why do you want to lose weight?

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Why is that important to you?

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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 _____