

Weight Loss Coaching Sheet - Why?

This worksheet is designed to help you create a clear, meaningful and positive goal. This give you the motivation to stay focussed and overcome hurdles you may face on the way, Find somewhere quiet and allow yourself to relax and dig deep for the answers. Answer the questions with the assumption that you are 100% guaranteed to succeed.

1. What Don't You Want?

When people start out on a weight loss programme, they are usually motivated uncomfortable thoughts and feelings about their body. What is it that you do not want to see, hear and feel any more?

2. What do You Want Instead?

Now that you have clearly worked out what it is that you don't want, you can use your imagination to choose what you would like instead! What is the exact opposite of your answers to question 1?

3. What Difference Will This Make?

When you have all these things, what difference will this make to you? How will your life be different. How will your feelings about yourself be different? In what situations would this be a benefit to you? Would you make any other changes to your life when you reach your ideal weight? What difference would it make to the people around you? Notice and note down the feelings!

4. What is my goal?

What is your long term goal? Would you like to divide this into smaller steps? What would you like to achieve by the end of this programme? What is the first small step you can make today, to start working towards your goal?
