

## ASK YOURSELF JUST ONE QUESTION TODAY:

### WHY DO I WANT TO LOSE WEIGHT AND MAKE CHANGES TO MY LIFESTYLE???

This could be the most important question you will need to answer of this programme.

I am sure you are saying to yourself, “Yes I know why I want to lose weight, because.....”

Saying it in your head is not enough!!!

Let me say this again:

“SAYING IT IN YOUR HEAD IS NOT ENOUGH”

You need to write it down. Write down as many reasons as you can think of. Think about

What will I be able to do after I lose weight, that I can't do at the moment?

- With your family
- In your work life
- In your private life
- What would it mean for your health?
- What will my future look like in 5 years from now if I don't lose some weight?

It is important to write the answers down, as when you read and write you engage your logical brain. Your logical, conscious brain only takes up 10 percent of your brain. Your subconscious which is driving your behaviours is 90 percent of your brain.

In order to re-programme your subconscious brain, you will have to engage your conscious brain – so reading and writing will be so important for you throughout this programme.

Now imagine your future – what will your future look like after you have lost weight?

Write it down in your diary!

Once you have filled in your worksheets “My reasons why I want to lose weight” – read it every day at least once. Take a photo of it, set a reminder in your phone, print it off and leave it where you can see it. This worksheet will keep you going when the going gets tough! It will keep you motivated and re-programme your brain.