

## Goal Agreement

State your specific goal (in pounds, size or other way of measuring to know you've attained it):

Time frame to reach this goal:

**I agree to:**

Eat only in one place at home and work:

Eat only when physically hungry

Do something physical for at least 1 minute each day:

Practice my breathing technique daily

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

It's All About You:

1) Why do you think that you have problem with your weight?

2) What are your thoughts about reaching your ideal weight?

3) What are your feelings about reaching your ideal weight?

4) If you have dieted your way to your ideal weight in the past...why do you think that you gained it back?

5) Set a reasonable goal for your weight loss over the next 3 months: I now weigh \_\_\_\_\_

I want to weigh \_\_\_\_\_ by \_\_\_\_\_ (3 months from today)

6) What do you need to do to reach that goal?

7) On a scale of 1-10...how willing are you to do those things? \_\_\_\_\_

8) If you did not reply as a 10...what is holding you back?

9) What do you have to think, feel and do to get your motivation to a 10?

Commitment increases motivation to reach your goal!

10) Never lose sight of your goal and how wonderful it will be to accomplish it! List five specific positive benefits that you will get in reaching your goal - Real life changing stuff only! For example, rather than "look good in my clothes" - "people notice me in my clothes because I feel attractive again". Put these benefits on post it notes and keep them everywhere so they are always front of mind!

1)

2)

3)

4)

5)