



Weight Loss Success Starts with Your Mind...Not Your Mouth™

Clarity Worksheet.

Use this to worksheet to help identify what you DO want, by first noticing what you do NOT want. Write down what you believe now about your body, your weight, your health...and then what you want. You might want to have a separate sheet for each.

What I Believe About My _____ What I Want

I hate my huge thighs	My legs are strong and sturdy and carry me easily from place to place.