



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

**Who Do I Want to be Worksheet**

Use this worksheet to identify and focus attention on what you want in life.

I want: \_\_\_\_\_

I know: \_\_\_\_\_

I accept: \_\_\_\_\_

I deserve: \_\_\_\_\_

I refuse: \_\_\_\_\_

I will: \_\_\_\_\_

I \_\_\_\_\_

I \_\_\_\_\_

I \_\_\_\_\_

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