



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

**Reasons Worksheet**

Use this worksheet to identify help recognize the deeper “why” behind your desire to lose weight. For more details on how to use this worksheet, refer to Chapter 5 in *Refuse to Diet*. Drill down and get to the real reasons...the reasons that will help sustain you while you are on this weight loss journey!

Why Do I Want to Drop Weight? Give the reason an “A” if it is for appearance, “C” if it is for comfort, “H” if it is for health, an “S” if it is because you “should”

**The Reason**

**A/C/H/S**

Examples:

I want to be able to walk around the block without getting out of breath	H / C
I want to be able to ride in an airplane without needing belt extensions	C
I want to feel more attractive so I have more confidence in public	A
My doctor says losing weight will reduce my blood pressure	H/ S