

Day 3 Weight I am going to change it by

NO matter who you are we ALL struggle with our weight, to much to little, to giggly, want more definition, things beyond our control causing problems.

Sample questions:

I want to lose 10 lbs
I want to start a eating program
I want to have someone who supports me
I will join a gym
I will run a marathon

Turn the can't into going to:

I am going to lose 10lbs by planning my meals
I am going to maintain my weight by choosing to drink less cappuccino.
I know where I need to look for the right group to fully support my journey.
I am joining a gym because they offer this class, this trainer and I know they will help me with accountability.
I will only pursue options that are right for me, I will seek guidance and advice and ultimately choose what works best for my family and my life.

*Write your usual weight related goals
Then write whatever is holding you back*

I am going to

I AM

I AM

I AM

I AM

I AM

I AM

I AM

I AM

I AM

I AM

I AM

I AM

I AM

I AM

I AM

I AM



Day 3 - Weight

I am going to change my thoughts on weight by

