

Module 6: Thinking Yourself Thin

Your Perceptions

List the foods that have made you overweight....

Write down how you normally perceive them...

Write down an extended perception of what it does to you physically, mentally and emotionally...

Which perception is more accurate?

Your Beliefs

Do you believe you can lose weight and maintain it? Why or why not?

Do you believe losing weight has to be hard?



What do you need to do to reach and maintain your goal weight automatically?

What do you believe is the reason you've struggled with weight in the past?

What would you have to believe about yourself for weight loss to be easy?

How will your life be better at your natural weight?

Your Inner Voice

Describe your primary inner voice

What is the positive intention behind this voice...

How could this voice become more supportive and helpful?

Solution Oriented Thinking

Write your 3 biggest problems with losing weight

1. _____
2. _____
3. _____

Rewrite those 3 problems with a solution-oriented focus...

1. _____

2. _____

3. _____

Solution Oriented Questions

Write down some solution-oriented questions about challenges you have...

Intentional Language

Write some definitive statements about what you're going to achieve...

Your Daily Reminder

Answer the following questions and put them in the box below. Print out a copy to keep by your bed. If you want it to be even more powerful, make extra copies and put them on your bathroom mirror, by your computer, on your car dash, etc. Every night before you go to bed read it to yourself. Every morning when you wake up, read it yourself.

Decide on a physical goal. How much do you want to weigh/ what size do you want to be / what measurements do you want?

What are the emotional reasons you want to live this way?

What are you going to do to make this goal a reality?

My Commitment to Myself