WEIGHT LOSS MOTIVATIONAL WORKSHEET

Whether it’s 5, 10, 20, or 50+ pounds, weight loss is a challenge. Make it easier on yourself by getting to the root of what keeps you motivated.

This worksheet will do that for you in two easy steps:
1) Find your core weight loss motivations
2) Put these core motivators in plain view so you’re surrounded by positive messages that make you WANT to succeed.

For each of the four areas below, choose one or more possible motivators.

### Personal Appearance
For many people, weight loss is a highly motivating reason to improve personal image or appearance. It can have a huge impact on your self-esteem and confidence, paving the way for even bigger goals.

**I Want To……(Choose at least one)**

- Fit into “that dress”
- Look younger
- Wear a swim suit on the beach
- Firm up what I have
- Stop avoiding mirrors
- Keep my thighs from rubbing
- Hear a wolf whistle!
- Have someone tell me I’m beautiful (or handsome)
- Look better naked!
- Have my clothes fit better
- Other

### Health & Fitness
The biggest return you are going to see by losing weight is in better overall health. Everything gets easier and the rewards stack up fast. Better health can be a huge motivator because you feel better and can live a more active lifestyle – more fun!

**I Want To……(Choose at least one)**

- Live longer
- Have more energy
- Climb stairs without being winded
- Not feel/get sick all the time
- Run or walk a 5k, marathon, triathlon or other race
- Get back into playing a sport (soccer, softball, etc.)
- Have a more active lifestyle (hiking, hiking, camping, etc.)
- Feel and be stronger
- Bring down my cholesterol
- Lower my blood pressure
- Other

### Family, Friends & Social Life
No man or woman is an island. We interact with people every day and weight and appearance impact our relationships. More quality time with people we care about gives us motivation to keep going on our weight loss plan.

**I Want To……(Choose at least one)**

- Play and be active with my kids
- Stick around to see my grandkids grow up
- Do more active things with my spouse or significant other
- Keep up with my friend
- Start, or improve my dating scene
- Kick off a new career
- Get in shape before I have a baby
- Meeting In-laws for the first time
- Get in shape for my wedding or anniversary
- Knock ‘em dead at my reunion!
- Other

### Everyday Signs and Situations
Sometimes the littlest things that we least expect can motivate us. Subtle but meaningful, small everyday signs add up to give you a sweeping view of your current weight loss status.

**I Want To…… (Choose at least one)**

- Be more confident in myself, with better self esteem
- Overcome shyness
- Be able to tie my shoes
- Put my pants on while standing
- Fly, ride a roller coaster or go to a movie without feeling squashed or using a seatbelt extender
- Walk into a room without feeling like people are staring
- Be a more confident public speaker
- Relax around other people and be myself
- Have people ask if I have lost weight
- Prove to myself that I can do it
- Other
CREATING THE VISUAL

List the motivators that you chose by writing them down in the My Major Motivation Points below. The next step is to transform those motivators into something you’ll see and be inspired by every day! A blank worksheet is attached for this. What follows are the directions to fill in the worksheet:

**MY MAJOR MOTIVATION POINTS**

**Personal Appearance:** I want to:

**Health & Fitness:** I want to:

**Friends, Family and Social Life:** I want to:

**Everyday Signs and Situations:** I want to:

**DIRECTIONS FOR CREATING THE VISUAL**

**Step one:** Choose a motivator from the “My Major Motivation Points” above and locate a picture or pictures that symbolize the motivation point (You can repeat this process for more motivators).

**Helpful tips on finding visuals:**
- Most important is that the visual captures the essence and meaning of the motivating message to you.
- Good sources for finding pictures are family album, yearbooks, magazines, newspapers, the internet and hand drawn images.

**Step Two:** Write a caption for the picture(s)

**Helpful tips on writing captions:**
- Think about the emotions behind the picture, how you felt at the moment it was taken or the first time you saw it.
- You can use your own words for the caption or an inspirational quote.

**Step Three:** Print off the template sheet below and assemble your Visual Motivation.

**Helpful tips on assembling your Visual Motivation:**
- Use one picture or make a collage of pictures. You can also use more than one caption, space permitting.
- Be sure to have your motivation description written on the page.
- The template below can be used as a guide but you can easily create your own on heavier or more decorative paper.
- There is a sample of a completed Visual Motivation sheet below (click on it to enlarge).
- Remember to put these Visual Motivations where you will see them every day! Good places are the fridge, the bathroom mirror and your night stand!

You can do it!!
PICTURES HERE

CAPTIONS HERE