

**10 Reasons
Why I Want to Reach My Goal Weight**

Name: _____ Date: _____

Before writing your reasons down, give them some thought. It is important that these 10 reasons be true personal goals and desires. They should not be generalizations or what you think would please others because they will be used as your "personal motivator."

Take a few moments from time to time each day to thoughtfully read through this list. This is called mental programming. The original of your 10 reasons list will be kept in your medical file. You will be given a copy to carry at all times. We suggest that you also transfer your list onto a 3x5 card which may be more convenient.

Make a promise to yourself now: "I will read the entire card whenever I am confronted with a difficult food situation." Reading the list will clearly reinforce your personal commitment to take control of your health and self-esteem.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____