

FINDING YOUR MOTIVATION

CURRENT REALITY VERSUS VISION

Motivation is a critical piece of the weight loss puzzle – What is driving you to achieve your weight loss goals?

When you first started on your journey you were highly motivated but now that level of motivation may have lowered? Don't worry, it is very normal for your motivation levels to go up and down during your weight loss journey.

The below activity is designed to help reignite that motivation!

CURRENT REALITY

First thing you need to do is acknowledge your current reality.

In the box below detail everything you feel about today's weight and how today's weight makes you feel? How did you feel when you got dressed this morning? Describe what you saw in the mirror? How are your energy levels at today's weight? Write all the answers below.

VISION

Now, the most important part.... realising and documenting your vision!

In the box below detail everything about your goal weight... How do you best describe how you will feel at your goal weight? How will you feel when you get dressed in the morning or for an outing? What size will you be wearing? What are you looking forward to wearing in that size? How will your energy levels be at your goal weight?

YOU CHOOSE

Now that you have detailed everything about your Current Reality and your Vision answer the following questions:

Which of the above is most important to you?

Why is that one more important to you?

How important is it to you?

What do you need to do differently to achieve this?

*Revisit this page whenever you feel your motivation dropping.
It's a great reminder of where you came from and where you're going!*

MEASURING YOUR SUCCESS

Success is measured in so many different ways, not just by the number on the scales. Your Consultant will be taking your measurements every four weeks, which is a great motivator to see how your size is changing. Think about the other things that have changed in your life. Since starting the program, how does your life look different?

What positive changes have you made since starting the program?

What benefits have you gained in the areas of life most important to you?

Every week is an opportunity to celebrate your wins and successes, so be sure to reflect on these at the end of each week. Also take the time to reflect on your longer term successes each month and recognise your strengths and areas you have improved in. Be proud of your efforts, and plan to treat yourself with non-food rewards at each milestone, which will serve as inspiration to continue your journey.

YOUR PERSONAL MOTIVATION

Your personal motivation is what continues to drive you to make lifestyle changes.

What fuels your desire to make healthy changes are the personal benefits and the powerful feelings you associate with them.

Think about the following areas of your life, and reflect on:

- » How the lifestyle changes you are making now and losing weight will impact on each of them.
- » How will the changes to each of these areas of your life make you feel?

You might choose to pick one area each week to focus on, to fuel your motivation for the week to come.

HEALTH

Benefits:
(eg. Preventing illness - diabetes, blood pressure, heart disease, stroke. Increasing joint mobility)

How I will feel:

FAMILY

Benefits:

(eg. Continue to be there for family, be a role model to children, to be able to have children)

How I will feel:

RELATIONSHIPS

Benefits:

(eg. Improved self-esteem and confidence)

How I will feel:

APPEARANCE

Benefits:

(eg. Fitting back into old clothes, buying new clothes)

Handwriting practice area for 'Benefits' under 'APPEARANCE', consisting of a dotted circle outline and five horizontal dotted lines.

How I will feel:

Handwriting practice area for 'How I will feel:' under 'APPEARANCE', consisting of a dotted circle outline and five horizontal dotted lines.

SELF-IMAGE

Benefits:

(eg. Improved confidence, happier)

Handwriting practice area for 'Benefits' under 'SELF-IMAGE', consisting of a dotted circle outline and five horizontal dotted lines.

How I will feel:

Handwriting practice area for 'How I will feel:' under 'SELF-IMAGE', consisting of a dotted circle outline and five horizontal dotted lines.

CAREER

Benefits:

(eg. Feel better and have more confidence at work, increased energy to be more productive, be more social)

How I will feel:

ACTIVITY

Benefits:

(eg. Increased muscle tone and metabolism, releases endorphins – positive mindset and makes you happier)

How I will feel:

