



TOGETHER
WE BUILD WHAT'S
RIGHT FOR YOU

FINDING YOUR 'WHY' FOR WEIGHT LOSS A SIMPLE TOOL

The more you know about your weight loss 'why', the more energy you can create to achieve your goal. This tool will help you clarify your weight loss goal and uncover your deepest 'why'. I've included an example overleaf so you can get the hang of how it works.

STEP 1 - DEFINE YOUR WEIGHT LOSS GOAL OVER A SET TIME PERIOD:

STEP 2 - COMPLETE THE FOLLOWING SERIES OF 5 QUESTIONS:

1. Why do you want to lose this weight?

2. Why is the answer to Question 1 true?

3. Why is the answer to Question 2 true?

4. Why is the answer to Question 3 true?

5. Why is the answer to Question 4 true?

STEP 3 - DEFINE YOUR 'WHY' IN A NUTSHELL:

If you need the support of a nutrition coach as you implement a weight loss program or a personalized nutrition plan, contact me at jillian@yournutritiontoolkit.com.

www.yournutritiontoolkit.com



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EXAMPLE:

STEP 1 - DEFINE YOUR WEIGHT LOSS GOAL OVER A SET TIME PERIOD:

I want to lose 8 pounds by July 1st, 2018

STEP 2 - COMPLETE THE FOLLOWING SERIES OF 5 QUESTIONS:

1. Why do you want to lose this weight?

I want to feel and look good on my summer holidays.

2. Why is the answer to Question 1 true?

Because I have more energy and more fun when I am slimmer. I want to enjoy my holiday.

3. Why is the answer to Question 2 true?

I eat better when I lose weight & I feel better when the weight comes off. I enjoy myself more.

4. Why is the answer to Question 3 true?

Because I'm more confident, I wear different clothes, I feel more capable of taking on the world. I smile more.

5. Why is the answer to Question 4 true?

When I look after myself I'm a better me and I want to be a better me.

STEP 3 - DEFINE YOUR 'WHY' IN A NUTSHELL:

I want to be a confident, better me.