

Why Do You Want To Lose Weight



Losing weight can change your life for the better in ways that far exceed being happier your appearance. When you connect emotionally to your reason(s) why you want to lose weight, it acts as fuel to keep you moving towards your goal. Take some time to think about and list your reasons for wanting to lose weight.

Describe how you want to feel.

Make a list of the things you want to accomplish.

What new things do you want to experience?

Describe how you want to look.

