

## **12 Questions for Successful Weight Loss**

In order to address your weight, you must first address your life. Are you doing some “emotional eating” or not exercising consistently? Are you not taking good care of yourself? Does everyone else become more important than you? If so, the reasons must be explored in order to release them and move forward in attaining your goals in life (weight-related and otherwise).

Answering the following questions will bring clarity about the deeper reasons you want to lose weight and may allow any stumbling blocks to surface. This will enable you to find solutions for them. You need to be truly honest with yourself, because in doing so you send a message to both your conscious and subconscious minds that you are ready for change.

### **Questions for change:**

- 1) **Why do you want to lose weight?** (E.g. Health, children, etc.)
  
- 2) **Why have you been unable to lose weight or maintain your weight loss in the past?** What got in the way of you achieving your goal? Think back and replay what went wrong in the past. What were the triggers, the stumbling blocks (the daily people, places, things and attitude) that took you off course? Are there limiting beliefs and associations in your life, such as “food=comfort or love?” Did Mom give you a cookie when you fell down and skinned your knee? Was ice-cream always a consolation prize when you had a bad day or someone hurt your feelings? These are real subconscious associations for many people that, if not addressed, will continue to sabotage your efforts.

- 3) **What are the top things causing you stress in your life right now?** (E.g. Work, relationship, etc.)
  
- 4) **What are the emotional reasons you've been overeating?** (Go deep inside to find the answers). List feelings and emotional reactions that lead you to make bad choices. E.g. Feeling underappreciated at work and cookies make you feel better, you had a fight with your mom and ice cream quenches the anger. Or, are you unhappy with aspects of your career, relationships or friends? Is there something making you feel sad? ***What are the deeper, emotional reasons you are overeating or making bad food choices?*** Please be as specific as possible.
  
- 5) **What are you really hungry for?** What's the one thing in your life that hasn't come your way? What would bring you joy?
  
- 6) **What are your negative beliefs about losing and maintaining weight?** Finish this sentence: "I want to lose weight, but... " or "I'd exercise, but..."
  
- 7) **Do you have any fears about losing weight?** For example: Are you afraid of getting more attention? Attention could be good for some, but scary for others. Are you concerned about feeling more vulnerable without the extra cushion between you and the world? Are you afraid to fail? Are you afraid to succeed?
  
- 8) **What are some things from the past that have caused you great stress?**
  
- 9) **What are some enjoyable things that you can do instead of turning to food when bored, stressed or feeling emotionally bad?**

**Answer these three questions on a separate page**

The below questions are used to create a visualization for yourself. You may even create a vision board out of these to create a BIG BRIGHT PICTURE of what you want to manifest. The Law Of Attraction is always at play, so know that you manifest what you think about. Set your day every morning with a 15-minute visualization of your life at your goal weight.

**10) Write *all* the reasons and benefits for losing weight.** (E.g. To be there to see my kids get married and play with my grandchildren.) Be as shallow or as profound as you like... there are no “right” answers... only what comes up for you.

**11) Write *all* the positive feelings *and* emotions you have when you get to your goal weight.** (E.g. Proud, accomplished, sexy, hot, relieved, confident, etc.)

**12) What are the emotional reasons you want to lose weight?** Not the goal of simply wanting to look good or be at a size 6, but instead, the *deeper emotional reasons* you are here to lose weight. Search deep inside for these emotional reasons. For example: To take back control and improve certain aspects of your life (be specific). Or to feel good and happy about yourself and your life.