

FINDING YOUR WHY

KNOWING WHY YOU ARE ON THIS JOURNEY KEEPS YOU MOVING FORWARD

There are no wrong answers

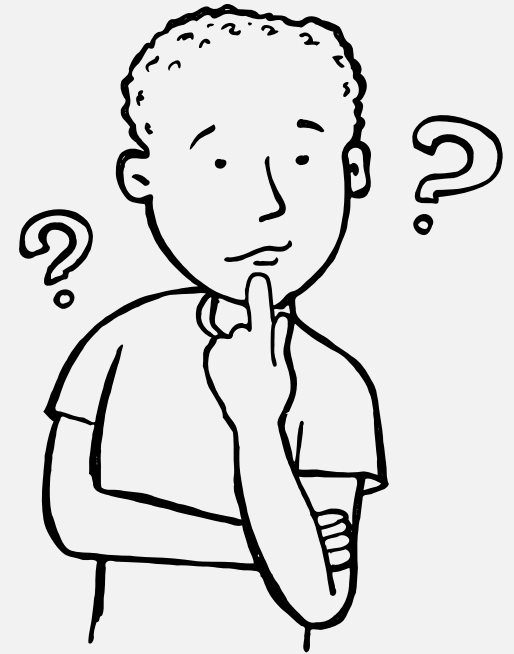
You can do this as often as you need to. Your WHY can change, just as your body is changing.

**GRAB PENS,
PENCILS,
PAPER, AND
HIGHLIGHTERS**

**FIND A QUIET
PLACE AND SET
ASIDE ABOUT
30 MINUTES**

YOU WILL NEED A TIMER

READY TO FIND YOUR WHY?



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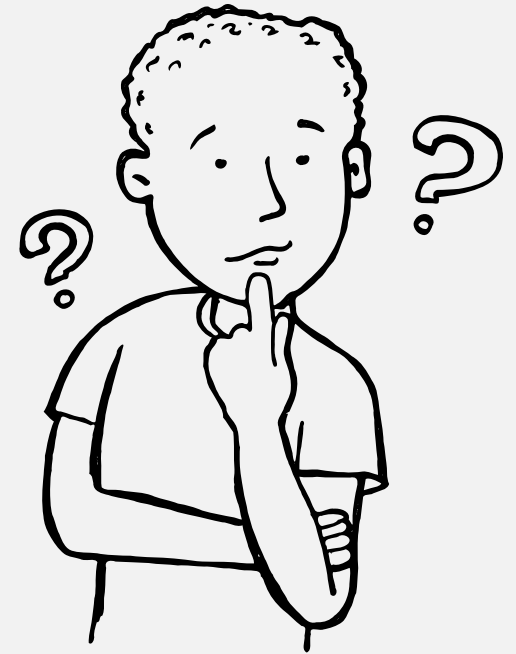
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**SET A TIMER:
20 MINUTES**

In this section, write as fast as the thoughts come to you, don't worry about complete sentences. Let the thoughts and ideas just flow. No extra points for being neat.

**WRITE DOWN STORIES OF WHEN
YOU FELT THE MOST EXCITED
AND/OR PROUD OF YOURSELF**



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**SET A TIMER:
5 MINUTES**

In this section, write as fast as the thoughts come to you, don't worry about complete sentences. Let the thoughts and ideas just flow. No extra points for being neat.

WRITE DOWN WHAT YOU BELIEVE YOU CANNOT DO.

(YES, LOSING WEIGHT AND KEEPING IT OFF DOES COUNT - BE HONEST)



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**SET A TIMER:
5 MINUTES**

Grab your highlighters! (or colored pens to underline with)

**REREAD WHAT YOU HAVE WRITTEN.
HIGHLIGHT THE 2-3 STORIES THAT REALLY
STAND OUT TO YOU.**

**THE ONES THAT REALLY MAKE YOU FEEL
GOOD.**

USE A DIFFERENT COLOR FOR EACH STORY



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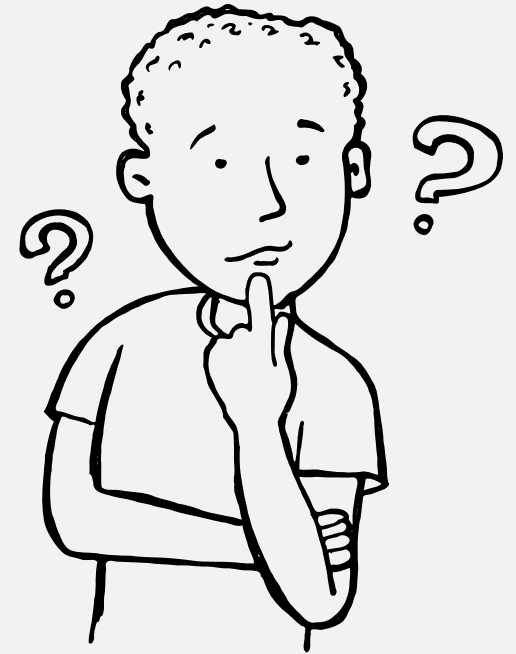
**SET A TIMER:
10 MINUTES**

**Back to your pens and paper!
Divide your page in half. Label one side phrases, the other side verbs/action words**

LOOK OVER THE STORIES YOU SELECTED:

On the side labeled 'phrase', write down what it was about each story that you chose it.

Write down short phrases as they come to you. Don't worry about writing entire sentences or paragraphs.



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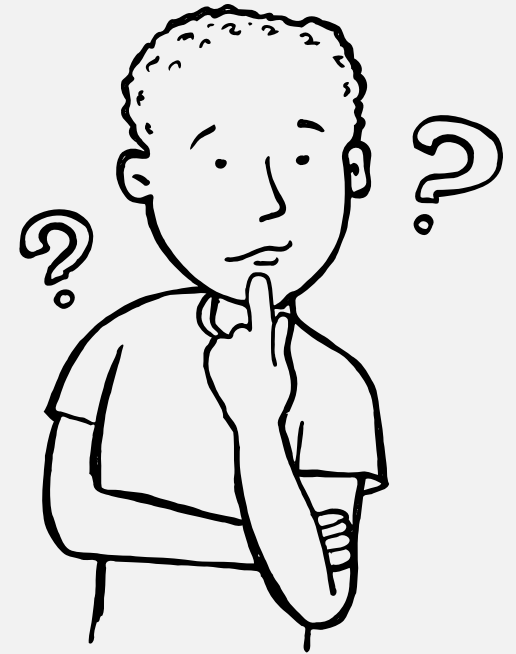
**SET A TIMER:
10 MINUTES**

**Back to your pens and paper!
Divide your page in half. Label one side phrases, the other side verbs/action words**

LOOK OVER THE STORIES YOU SELECTED:

On the side labeled 'verbs/action words', write down what it was about each story that you chose it.

Write down the verbs/action words as they come to you. Don't worry about writing entire sentences or paragraphs.



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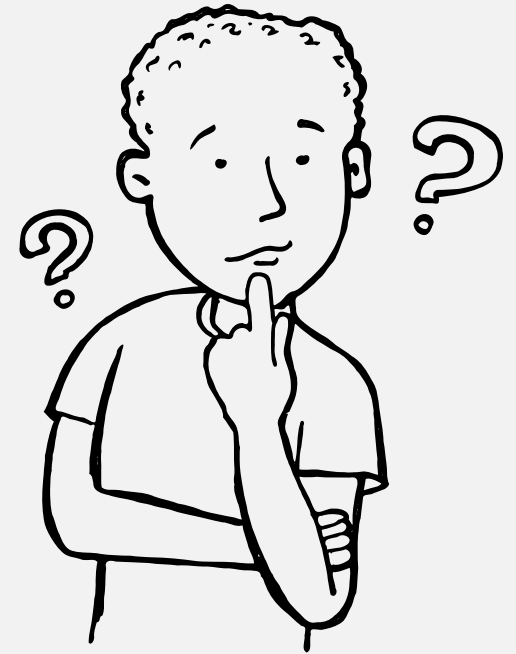
**SET A TIMER:
5 MINUTES**

Time for review!! (And a little reframing)

**LOOK OVER WHAT YOU BELIEVED
YOU COULD NOT DO**

Select your number 1

Write down what your life would be like if you could do that thing. Include how you would look, feel and act.



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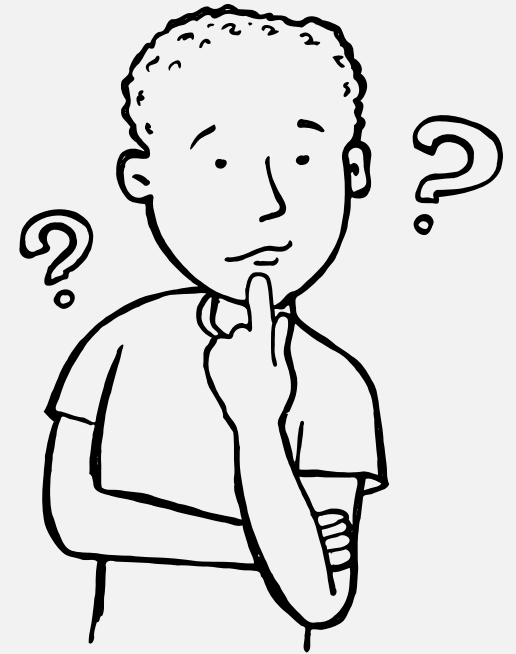
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**SET A TIMER:
5 MINUTES**

Time for review!! (And a little summarizing)

**READ YOUR REFRAMED STATEMENT
ABOUT WHAT YOU CAN DO, THE
PHRASES AND VERBS/ACTION WORDS
YOU WROTE DOWN**

Get ready to uncover YOUR WHY



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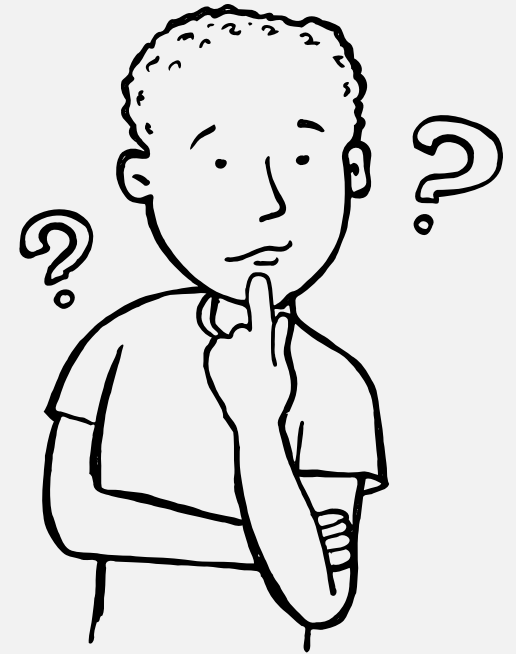
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**SET A TIMER:
NOT NEEDED!**

Be ready to celebrate!

**REREREAD THE STORIES YOU HAVE
UNCOVERED, YOUR REFRAMED BELIEF,
THE PHRASES AND ACTION WORDS**

Now, fill in the following statement



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My Name is _____

I am (not a job title) _____

In the past, I have (had what kind of relationship/belief system about food)

But now, I am ready to (describe what kind of relationship you want to have with yourself)

This is important to me because



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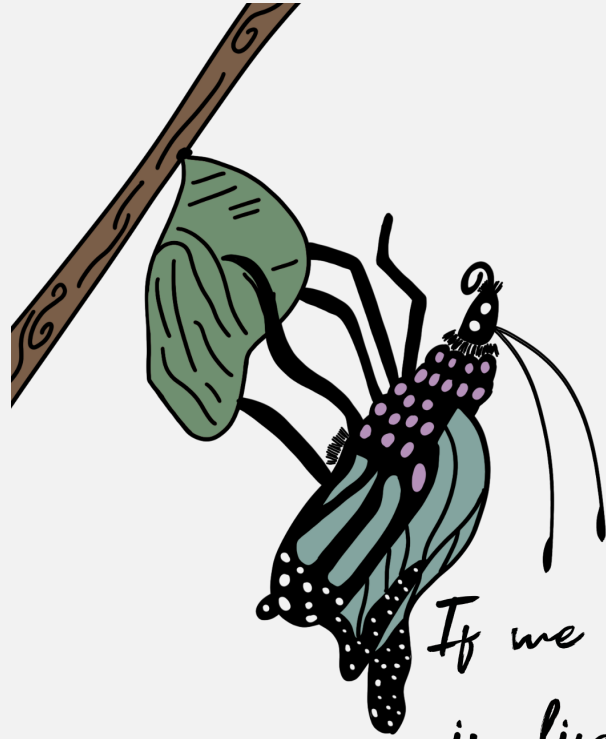
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THE SHORTENED VERSION OF THIS IS:

I AM CHOOSING _____

SO THAT I CAN _____





*If we have our own why
in life, we can get along
with almost any how.*

FRIEDRICH NIETZSCHE

Download the template and fill in your why.