

Keep GOING

natura)(y^slim[®]

FIND YOUR WHY

When it comes to losing weight and improving your health, having a solid why is essential.

If you don't know why you want to accomplish a goal, you'll likely wonder why it's worth achieving. The more you question why your goal is worth achieving, chances are it's going to feel substantially harder to work toward. And the truth is, if you think your goal is incredibly hard to work toward, you're eventually going to abandon it entirely, leaving you right back at square one.

This worksheet will help you nail down your why. That way, if the going gets tough, you can remind yourself of the reason(s) you want to stick to your goals.

A quick note before you begin: Change is a constant in life. And throughout your NS journey, your why will likely change. We recommend revisiting your why every couple of months to make sure you keep it current. When things change, do this exercise again!

Step 1: Pump yourself up.

Getting in a good headspace will help you see what you're capable of accomplishing.

List 5 of your strengths:

Ex. strong, resilient, kind, hard-working, brave

1. _____
2. _____
3. _____
4. _____
5. _____

List 5 things you're proud of accomplishing:

Ex. winning an award, getting my dream job, having the courage to stand up for myself, getting through a hard time

1. _____
2. _____
3. _____
4. _____
5. _____

Step 2: List your goals.

Big or small, list them all! (It's also OK to leave spaces blank.)

What do I want to accomplish during NS?

Ex. lose 10 pounds, lower my stress, reduce my risk of disease, learn how to take more time for myself

- _____
- _____
- _____
- _____

Step 3: List what your goals would allow you to achieve.

Thinking about what you want most in life is a good place to start.

What would accomplishing these goals allow me to achieve?

Ex. playing with my kids/grandkids, traveling more easily, improving my mood, fitting into my goal jeans

- _____
- _____
- _____
- _____

Step 4: Bring it all together and write your why statement(s).

Remember, this is what you'll remind yourself of if the going gets tough. So, do your best to be specific!

Ex. I want to lose weight so I can keep up with my young grandchildren. I want to reduce my risk of disease so I can live a long life full of adventure and travel.

Date: _____

If you ever find yourself off track, refer back to your why and read the following out loud:

I am a strong, resilient person. To get back on track, all I have to do is wait until I'm at level 3 and eat a meal using my skills. I can do this.

Because you can do this. Even when the going gets tough.

After you've found your why, log in to www.naturallyslim.com/login from your smartphone or computer to watch this week's lessons.