



## New Body Design Form

Name \_\_\_\_\_  
Age \_\_\_\_\_  
Current Weight \_\_\_\_\_  
Natural Weight \_\_\_\_\_  
Pounds from natural weight \_\_\_\_\_

### Body Design Questions

What is most important about returning to and living at your natural weight?

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On a scale of 1-10, how important is it right now for you to return to your natural weight?

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On a scale of 1-10, how committed are you to making it happen?

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If you began living a healthy lifestyle and returned to your natural weight, how would it affect the 3 closest people in your life?

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What are the 3 habitual behaviors that are most responsible for the excess weight?

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What are 3 new habitual behaviors that would make your natural weight automatic?

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**Finish the following sentences with the first thoughts that come to mind:**

I've struggled with my weight in the past because ...

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I would be able to control my weight if I could just ...

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If I was at my natural weight I would have so much more...

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### **The Power of Emotions**

To create true motivation, you need to use both pain and pleasure. If you don't make the decision to change your body and continue along the same path you've been on, what are the 5 most common emotions (from the lists below) that you'll regularly experience in your life?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



- \_\_\_\_\_
- \_\_\_\_\_

**Resourceful States:**

**Unresourceful States:**

GRATEFUL, HAPPY, EXCITEMENT, CONFIDENCE, MOTIVATION, ATTRACTIVE, SATISFACTION, LOVE, CONNECTION, CALM, PATIENCE, UNDERSTANDING, PEACE, RELAXATION, COMFORT, FAITH, TRUST, SECURITY, CONTROL, EFFECTIVE, SUCCESSFUL, VALUABLE, KNOWLEDGEABLE, SKILLED, DESIRABLE, ENERGIZED, HELPFUL, AWARE, OPEN, LUCKY, INSPIRED, ENCOURAGED, HEALTHY

SADNESS, BOREDOM, DEPRESSION, FEAR, DRAINED, ANGER, FRUSTRATION, IRRITATION, IMPATIENCE, STRESS, EXHAUSTION, NERVOUSNESS, UNCERTAINTY, RESENTMENT, DISAPPOINTMENT, OUT OF CONTROL, ANNOYANCE, MISERY, CONFUSION, OVERWHELM, INSECURE, INCOMPETENT, HOPELESS, INADEQUATE, DEJECTED, WEARY, SELF-LOATHING, DESPERATION, LONELINESS, INDIFFERENT

If you do commit to your body and successfully return to and live at your natural weight what are the top 5 emotions that you'll regularly experience in your life?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Your Daily Reminder**

Using your answers from above answer the following questions and put them in the box below. Print out a copy to keep by your bed. If you want it to be even more powerful, make extra copies and put them on your bathroom mirror, by your computer, on your car dash, etc. Every night before you go to bed read it to yourself. Every morning when you wake up, read it yourself.

Decide on a physical goal. How much do you want to weigh/ what size do you want to be / what measurements do you want? \_\_\_\_\_

What are the emotional reasons you want to live this way?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What are you going to do to make this goal a reality?

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## **My Commitment to Myself**