



WRITE YOUR VISION

What's Your Vision for Your Health?

Have you ever thought about what your life would look like when you achieve your healthy weight? Most of us have not really thought about it. We know we want to lose weight but it sometimes seems so unattainable that we've refused to allow ourselves to dream.

The problem is if you've never created a vision of what you want, then there's a high probability that you will never achieve it. Use today's video as an example. If you would prefer to have the habits like me on the right-hand side instead of the left-hand, then you will have to make daily choices which can sometimes seem difficult. But when you can keep focused on what you want then it will give you the motivation to keep on going.

Imagine yourself waking up in the morning at your goal weight, how does she feel? What kinds of foods are you eating? What are some of the new activities that have become a part of your daily routine? How are you doing them with? What are some of the smells, sights, and sounds that have become familiar?

For today, write out in great detail what your life will be like when you finally achieve your healthy weight (an exercise I adapted from Chris and Janet Bray Atwood's book 'The Passion Test').

I encourage you to engage all of your senses and write out what an entire day at your goal weight and fitness level will be like.

Until you can envision what being healthier will look, taste, feel, smell, and sound like, it will continue to be a wish laden with excuses and false starts. After you've written your vision down in detail, read it daily, or at least once per week.