

Questions to answer to help develop/clarify the vision/goal.

Given your “current trajectory” (what your weight has done in the last 5-10 years), can you estimate your weight 5-10 years from now?

Is that acceptable to you?

Why do you want to lose weight?

Why is it important to you?

Is there an event coming up in 6 months to a year (wedding, class reunion, cruise, family reunion, etc) that’s important to you?

If not, can you create one? Perhaps think about a special trip you’ve been wanting to take?

Why did you select that particular goal weight/size?

What will it feel like?

What will you be able to do that you cannot do now?

How else might your life change?

How long has it been since you were at your goal weight/size?

What do you remember about that time?

What do you miss the most about that time?