

CONNECTING MIND, BODY, AND SPIRIT

1. How do you feel about yourself right now?
2. How do you feel about yourself when you are at work?
3. How do you feel about yourself when you are with your family?
4. How do you feel about yourself when you are with your friends?
5. How do you feel about yourself when you are going out to social events and meeting new people?
6. What are the qualities that define you as a person? In all of the various environments you move through in life—work, social events, parenting, being a partner, being a friend—what are the consistent character traits and values that best describe you? (Be honest if you think that some of these traits may be less than positive. Don't judge yourself. In order to change, you have to recognize the things that need to be changed. And remember, only you will be reading this journal.)

7. Why have you been unsuccessful at losing weight, or keeping it off, in the past?

8. What do you think are your two unhealthiest habits?

9. What other unhealthy habits do you have that may not be associated with your weight?

10. Are you prepared to break these unhealthy habits and replace them with new, healthy ones?

11. What are your specific goals in the short term (three to twelve weeks)?

12. What are your specific goals in the mid term (six to twelve months) and long term (two years)?