

# Reaching My Ideal Weight Questionnaire

Name: \_\_\_\_\_

Date: \_\_\_\_\_

1. Ideal weight (or size) \_\_\_\_\_ lbs. What do you **really** want to weigh? Not what you need to lose or what you are willing to settle for.

2. Why do you want to weigh \_\_\_\_\_ lbs? Positive statements only! List **ALL** your reasons for wanting to reach your Weight Goal (WG).

Basic reasons (**circle** if appropriate) add more if you like:

Get healthy; stay healthy; be able to walk / exercise pain free; feel comfortable; look good in new clothes; have more mental clarity; have more choices in life (Can I walk that far? Can I go up those stairs? Can I stand that long?); have more energy; find my soul mate; be more comfortable in airline / theater seats; good self-image; pride; an upcoming event like a wedding or reunion.

Any other reasons or benefits, **list everything!**

3. What benefits will you receive by reaching your goal? (**circle**)

New clothes; increased energy; healthier; better self-esteem; feel accepted; increased self-confidence; better self-image; lower blood pressure; lower blood sugar. Play with my children or grandchildren. Live longer.

Any others? **List everything!** Ask yourself: What's in it for me?

4. How will you **feel** weighing \_\_\_\_\_ lbs., standing on the scale & looking down and seeing \_\_\_\_\_ lbs.?

Extreme happiness; pride in my accomplishment; confidence; certainty; joy; peace of mind; improved self-esteem; other feelings / emotions-**List everything:**

5. Are there any reasons why you might **NOT** want to weigh \_\_\_\_\_lbs.? Do you have any fears, concerns or worries about reaching your Weight Goal? Place an **(X)** next to each statement that applies and **feel free to add your own**.

- What if I lose the weight and my clothes still don't fit right?
- What if I lose the weight and my overweight friends / family don't like me?
- What if I lose the weight and I no longer have an excuse for not finding a mate or not getting that job or promotion?
- What if I lose the weight and I'm still not pretty or handsome enough?
- What if I fail...again? I've tried everything & nothing works-I don't want to get my hopes up...again!
- What if I lose the weight and somebody comes on to me?
- What if I lose the weight and I get molested or raped again?
- I won't feel safe!
- I don't want others to notice me.
- I won't feel comfortable.
- I'll lose my identity.
- I may not know how to function as a thin person.
- I've always been overweight, why do I think I can change now.
- I'm overweight, my (parents, mother, father, sisters, brothers, aunts, uncles) are overweight, we're an overweight family and there is nothing I can do about it.
- People might expect more of me.
- I'll feel deprived if I can't have my favorite / comfort foods.
- It's like losing my best friend.
- It's going to be too hard to lose the weight.
- I'll have to work too hard to lose the weight.
- I don't deserve to reach my goal.
- I don't deserve to be happy.
- What if I lose the weight and my life still sucks?

Anything else? It is essential to our success to get all fears, worries, concerns and limiting beliefs out in the open.

# Ultimate Truth Statement

## Part 1:

Write a *simple* **Ultimate Truth Statement** (a present-tense goal) about reaching your target weight. EXAMPLE of a simple version: ***"I weigh \_\_\_\_\_ pounds." or "I wear a size \_\_\_\_ dress / jeans."***

Write out a first person, *present-tense* statement, about **why** you want to be at your ideal weight. Include all the **reasons, benefits and emotions** that you would like to have, be and feel when you reach your target weight or size. Hint: Refer back to Steps 2, 3 & 4 above.

Example:

***"I am happy, excited and healthy weighing \_\_\_\_\_ pounds. I feel confident and self-assured seeing myself in these size \_\_\_\_ jeans. I look great, feel great, and have more energy. I am excited and proud of myself for weighing \_\_\_\_\_ pounds. AND I'm totally committed to maintaining this newfound health and self esteem."***

Tweak this statement until you love it, and can't wait to get there, feeling and looking that way. Your objective now becomes owning that statement with all your heart...even though the scales may show a different reality at present.

**My Ultimate Truth Statement:**

# Ultimate Truth Statement

## Part 2:

State it out loud and assess how true it feels on a 1-10 scale:

"10" = I absolutely believe this statement. I "own" it. I see myself as already having achieved my goal, at least in my imagination. A "10" is where you ultimately want to be. If you are a "10" now, you wouldn't need my help.

"1" = Who am I kidding?

Assessment #: 1 2 3 4 5 6 7 8 9 10 (circle)

What is keeping you from owning that statement? What's in the way? What fears or limiting beliefs come up when you say this statement? Don't judge yourself. It is very important to identify the doubts, fears and limitations. Just write down your thoughts.

Fear of failure; fear of success; I'll have to work too hard; I'll feel deprived if I can't have my favorite foods; more will be expected of me, etc., etc., etc.