



7 Keys to a Successful Weight-Loss Program

Print this worksheet and fill in your answers for each of the seven steps. By the time you finish, you'll be totally fired up and ready to start your journey.

Key # 1 - Always move forward!

Your past does not affect your future. So it doesn't matter if you've fallen off your diet or gained weight back in the past. Set today as crossing the line to success.

Write today's date here: _____

Now tell yourself that starting today, you are moving forward, and never going back. Pump your fist in the air and proclaim, "From this moment on, I'm moving forward!" Then celebrate the beginning of your new life.

Key # 2 - Do what worked before

Think about times when you been successful in the past. What did you do? Was there a specific diet plan that worked? Did you get up early and exercise before going to work? Maybe you cooked more meals at home instead of eating at restaurants.

In the space below, make a list of specific things that worked for you before.

Put a star or √ mark beside the ones you plan to use during the next 100 days.

Key # 3 - No more excuses

Think about all the reasons you haven't been making progress. Whine a bunch about why you can't lose weight or exercise regularly. Write your biggest reasons here:

Read your list of excuses out loud

Listen to how weak they sound. Now tell yourself that none of them work any more. From now on, catch your excuses as soon as they come out of your mouth. Remind yourself they don't matter, and you have to do your program anyway. Then go do it.

Key # 4 - Create a finish line

Build a vision of how this project will look when you reach your goal weight. How will you look, feel, and act when you cross the weight-loss finish line? In addition to your new weight, picture yourself having confidence, energy and renewed zest for life.

Create an "artist's rendering" of the finish line for your weight loss efforts. Below are a couple of ways to do this. If you like, do all three of them.

- Make a collage of your new life

Get a large piece of poster board or blank newsprint. Paste photos, magazine pictures, words, cards, ribbons, etc. on the board. Add a photo of yourself at a healthy weight. Create a title for your vision—perhaps the "healthy happy girl," or the "strongman."

- *Find an incentive*

Pull out a favorite "thin" outfit or pair of jeans, and hang it where you can see it often. Try it on every week or two and see how the fit is changing. Look at it frequently and use it to remind yourself of where you plan to be in the days ahead.

- *Paint a picture*

Describe the new you in great detail. Create a message that describes how you plan to look and feel at the finish line. Write it, type it, record it or podcast it. If you like, write your description in the space below.

Draw a picture, image or stick figure that shows you at the finish line:

Key # 5 - Kick the roadblocks

Think about what gets in your way when you are working on losing weight. What might keep you from success? Is it related to people, energy, money? When you've struggled with this in the past, what caused you to slip up or kept you from making progress? Identify everything you can think of. Write them all down.

If you're brave, make a copy of this page, then crumple the paper into a ball and kick it around the room for a few minutes. Picture every one of the roadblocks as being gone.

You can also type your list on the computer, then delete the roadblocks one at time. Cheer each time one goes away.

Key # 6 - Line up a support system

It really helps if you have someone who cares about you and your efforts to complete the 100 MORE Days Journey. Get a buddy, hire a cheerleader, enlist your family members. Perhaps you could treat this like a fundraiser event and ask people to be "sponsors" for your challenge. Even your children can do this for you.

Write the names of your support people here.

Key # 7 - Learn and grow forever

The lessons in this book are only the beginning. For the months ahead, plan all the ways you could continue with your personal growth. Maybe you could read more books, take yoga or Pilates classes, or hire a life coach or a personal trainer. Make a list of at least three things you will do as part of your ongoing learning and personal growth.

Make it a great year... and beyond!