

remembering why^{..}

Your SuperLife task for this week is to revisit – and if necessary – revise your ‘big why’. This worksheet will guide you through remembering your driving purpose and help to feed your motivation.

TIP FOR THIS EXERCISE: IT MAY BE HANDY TO REFLECT BACK ON YOUR WORKSHEET FROM WEEK 2 OF THE SUPERLIFE PROGRAM, WHERE YOU INITIALLY IDENTIFIED YOUR ‘BIG WHY’.

1. WHY DID I WANT TO LOSE WEIGHT IN THE FIRST PLACE?

2. HOW DID I FEEL THAT MY LIFE WOULD BE DIFFERENT OR BETTER IF I WEIGHED LESS?

3. WHAT IS IT ABOUT LOSING WEIGHT THAT I FOUND ATTRACTIVE WHEN I STARTED?

**4. ARE THESE REASONS STILL RELEVANT NOW?
(IF SO, FANTASTIC! IF NOT, CONSIDER ASKING YOURSELF THE
FOLLOWING QUESTIONS):**

- **WHY DO I REALLY WANT TO LOSE WEIGHT, HERE AND NOW?
(DO YOU, FOR EXAMPLE, THINK IT WILL MAKE YOU HAPPIER OR MORE
ATTRACTIVE? DO YOU BELIEVE PEOPLE WILL LIKE YOU MORE?)**

- **HOW WILL MY LIFE BE DIFFERENT OR BETTER IF I WEIGH LESS?**

**5. FINALLY, REFLECT BACK UPON THE QUESTIONS THAT YOU ASKED YOURSELF IN
WEEK 2 OF THE PROGRAM:**

- **WHAT MAKES ME COME ALIVE?**

- **WHEN DO I FEEL THE MOST ENERGISED?**

- **WHEN DO I FEEL THE MOST 'ME'?**

- **AT THE END OF MY LIFE, HOW WOULD I LIKE MY CONTRIBUTION
TO BE ASSESSED?**

Whatever your answers, **make these your direct why!**
That is, rather than working towards weight loss, aim directly for
success, likeability, a better life, or happiness –
whatever your deeper reason is.