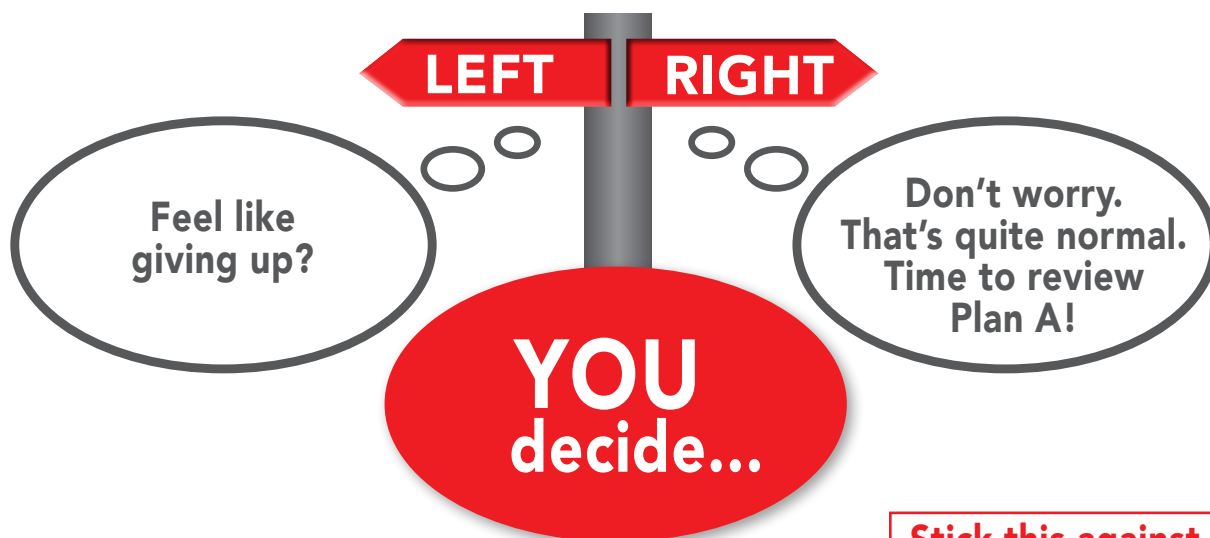


**ANCHOR YOUR AMBITION TO LOSE WEIGHT ON A DAILY BASIS**

**Why?** You will encounter days when you feel overwhelmed by all your responsibilities, disappointed with your weight-loss results or just despondent with life in general. On these days you will feel like throwing in the towel.



**My Plan "A"**

**MY WEIGHT LOSS AMBITION:**

**Stick this against your bathroom door**

- 1 On a scale of 1-10, how important is this personal goal to me?  
\_\_\_\_\_
- 2 How much weight do I want to lose?  
\_\_\_\_\_
- 3 Why do I want to lose this weight?  
\_\_\_\_\_  
\_\_\_\_\_
- 4 What other rewards will weight-loss offer me?  
\_\_\_\_\_  
\_\_\_\_\_
- 5 How am I going to achieve this ambition?  
\_\_\_\_\_  
\_\_\_\_\_

**Now imagine how great you will feel when you achieve this goal...**