

Create a vision for a HEALTHIER NEW YEAR



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1. Describe your Weight Loss Vision. The type of person you want to become in the new year; a compelling statement of who you are and what healthy behaviors you want to do consistently.

2. What are your values that you hold most important and gives your life meaning? This will inspire you to keep going through tough times.

3. What is your reason for wanting to lose weight? Ex. Feel healthy, get off medications, enjoy time with your family.

4. How will you feel if you become your ideal self? Ex. Is there something you feel you're missing now and want to get back to doing or feeling?

5. What have been my obstacles and barriers to weight loss success in the past? Ex. events, people, places, emotions, etc.

6. What strategies may be effective to help me stay on track?

7. How can the lessons from my past weight loss attempts help me now?

8. What people, resources, systems and environments can I rely upon to help me realize my vision?

9. What will I reward myself when I hit goals or milestones? Ex. Pedicure, new outfit, etc.

For more information from Dr. Kim on this topic & more, visit redmountainweightloss.com