

Set Your Intentions **Intentions Worksheet**

INSTRUCTIONS: Choose one or more of the following ways you will see and feel when you achieve your intentions for a new healthy weight balance.

INTENTIONS:

- At my new balance, I will weigh: _____
- I'll wear this clothing size: _____
- I'll be ready for some new, smaller clothes
- I'm going to drop these inches in the following area:
(write how many inches you'll release in each of these areas)
 - Waist: _____
 - Hips: _____
 - Arms: _____
 - Chest: _____
- When I look in the mirror, I'll smile knowing I've taken great care of myself
- I'll hear people say, "Hey you look great!"
- I'll feel proud about having achieved my new balance
- In my own words:

REWARDS:

- At my new balance, I will reward myself by:



You have now set your intentions for your future YOU! You've written down the rewards you'll give yourself when you reach your goal, when your intention becomes reality. Place this, your vision, somewhere where you can see it daily.