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**MY VISION FOR A NEW ME!**

Name:

Date:

Starting Weight:

Current Weight:

Pounds Lost so Far:

Goal Weight:

Goal Date:

**How to complete this workbook…**

1. Complete the questionnaire to provoke yourself to think about every area of your life
2. Determine the 10 biggest changes your new you will make
3. Write your personal identity statement
4. Decide what you can start to implement in the next 30 days

**NEW YOU QUESTIONNAIRE TO PROVOKE YOU TO IDENTIFY AREAS THAT YOU WANT TO CHANGE!**

**Please answer all questions, the questions you don’t want to answer, or the question you think you can’t answer is probably the question you need to answer the most. Everyone is different so this questionnaire is to cover a lot of life areas, you will probably find areas need no change, and others need a lot of change. You might not want to change some areas, but at least consider each area to see how you envision that area of your life in the future, to reflect on whether it has a positive or negative impact on your emotions, health and your weight.**

|  |  |  |
| --- | --- | --- |
| **Your Life Area** | **BEFORE** **You Started Your New You Journey** | **YOUR NEW YOU** |
| What is your weight? |  |  |
| What is your clothes size? |  |  |
| What is Your fashion style? |  |  |
| Where do you shop? |  |  |
| What health issues / mobility issues do you have? |  |  |
| How do you react when you receive a social invitation?  |  |  |
| How do you feel when you meet new people? |  |  |
| How do you feel when you meet an old friend you haven’t see in years? |  |  |
| How do you behave at a party or function? |  |  |
| Where do you holiday? |  |  |
| What do you do on holidays to enjoy yourself / relax ? |  |  |
| How do you spend your average evening? |  |  |
| How do you spend your average weekend? |  |  |
| Who do you spend most of your leisure time with? |  |  |
| How would you describe your love life? |  |  |
| What do you do to make sure you are active every day? |  |  |
| What is your diet like? |  |  |
| What is your alcohol consumption like? |  |  |
| How do you react when someone hurts your feelings? |  |  |
| How do you react when you have a stressful day? |  |  |
| How do you react when you are bored? |  |  |
| How would you describe your general mood and outlook on life? |  |  |
| How would you describe your lifestyle? |  |  |
| Who do you inspire? |  |  |
| 5 words that sum up your attitude to your health  | 12345 |  |
| 5 words that sum up your self esteem and confidence | 12345 |  |
| How do you treat yourself? |  |  |
| What is are your daily skin and beauty routines? |  |  |
| What are your weekly beauty routines? |  |  |
| What are your monthly beauty routines? |  |  |
| What are your top 5 goals for the next 12 months | 12345 |  |
| Do you smoke? How many? |  |  |
| How many hours of TV do you watch a week? |  |  |
| What is your organisation for your personal finances? |  |  |
| How do you deal with negative people who drain you? |  |  |
| What are your top 5 values in your life? | 12345 |  |
| How do you feel when you wake up in the morning? |  |  |
| How much sleep do you get? |  |  |
| What time do you wake up at? |  |  |
| What is your morning routine to set you up for a good day? |  |  |
| What is your evening routine to set you up for a good sleep and good start to the next day? |  |  |
| What foods are in your fridge? |  |  |
| What do you drink throughout the day? How much? |  |  |
| What do you snack on? |  |  |
| When do you plan your healthy meals for the week? |  |  |
| What do you order when you go out for a meal? |  |  |
| How often do you order a takeaway? |  |  |
| What do you drink when you go out for a social occasion? |  |  |
| How well do you plan your week? |  |  |
| What do you read? |  |  |
| What music do you listen to? |  |  |
| What hobbies do you have? |  |  |
| What do you watch on TV? |  |  |
| How would your best friends describe you? |  |  |
| What is your motto in life? |  |  |
| 5 Feelings you experience on an almost daily basis | 12345 |  |
| How often do you weigh yourself to monitor your weight? |  |  |
| What group are you in active in to help you stay focused on being healthy? |  |  |
| What do you do when you feel that you have put on 7 pounds? |  |  |
| Who/What do you blame for putting on weight? |  |  |

When you complete the questionnaire STAR\* the top 10 things that will make the biggest difference to you. Write them here:-

|  |  |
| --- | --- |
| 1 | 6 |
| 2 | 7 |
| 3 | 8 |
| 4 | 9 |
| 5 | 10 |

**PERSONAL IDENTITY STATEMENT**

**Write out a statement that describes you NEW YOU life, your attitude to YOUR HEALTH, your personality, life values,** strengths and experiences.

Read this every day and every day take some action to build in the habits and mind set shifts to make this your reality. Losing weight is only part of the puzzle, you need to be committed to making the lifestyle and mind set changes to support you when you get to your goal. Get CLEAR on WHO you want to be, and start making changes NOW to make it happen. It won’t happen overnight… but day by day you can implement the small changes to create your NEW YOU.

***“ORDINARY THINGS CONSISTENTLY DONE, CREATE EXTRAORDINARY RESULTS”***

**A couple of examples of personal identity statements…**

*My name is Amy and I am bubbly, fun, caring and adventurous. My health and family are most important to me, and I always make decisions that improve my health and well being so that I can be a good mum and a good wife. I set a good example to my children on how to look after their health. As a family we love to stay active together and cook healthy meals together. We love going on family holidays and taking family photos to capture all our special times.*

*My name is John, I am strong, determined, generous and ambitious. I work out 3 times every week to build my fitness and get stronger, I am fit and healthy, and love to exercise and eat clean. I live a clean lifestyle to support my body and my work. I am focused on excelling in my career and developing my skill base to add more value. I get great satisfaction by helping out at a charity close to my heart and raise funds for this every year.*

**DECIDE WHAT YOU CAN START TO IMPLEMENT IN THE NEXT 30 DAYS…**

PICK A ONE OR TWO THINGS AT A TIME TO IMPLEMENT.

GOOD LUCK WITH YOUR NEW YOU JOURNEY

REMEMBER ROME WAS NOT BUILT IN A DAY ☺

**WHAT I AM GOING TO START WORKING ON THIS MONTH**