



**SPARKPEOPLE™**

## WEIGHT LOSS MOTIVATIONAL WORKSHEET

Whether it's 5, 10, 20, or 50+ pounds, weight loss is a challenge.  
Make it easier on yourself by getting to the root of what keeps you motivated.

**This worksheet will do that for you in two easy steps:**

- 1) Find your core weight loss motivations
- 2) Put these core motivators in plain view so you're surrounded by positive messages that make you WANT to succeed.

**For each of the four areas below, choose one or more possible motivators.**

### Personal Appearance

For many people, weight loss is a highly motivating reason to improve personal image or appearance.

It can have a huge impact on your self-esteem and confidence, paving the way for even bigger goals.

**I Want To.....(Choose at least one)**

- ☐ Fit into "that dress"
- ☐ Look younger
- ☐ Wear a swim suit on the beach
- ☐ Firm up what I have
- ☐ Stop avoiding mirrors
- ☐ Keep my thighs from rubbing
- ☐ Hear a wolf whistle!
- ☐ Have someone tell me I'm beautiful (or handsome)
- ☐ Look better naked!
- ☐ Have my clothes fit better
- ☐ Other \_\_\_\_\_

### Health & Fitness

The biggest return you are going to see by losing weight is in better overall health. Everything gets easier and the rewards stack up fast. Better health can be a huge motivator because you feel better and can live a more active lifestyle – more fun!

**I Want To.....(Choose at least one)**

- ☐ Live longer
- ☐ Have more energy
- ☐ Climb stairs without being winded
- ☐ Not feel/get sick all the time
- ☐ Run or walk a 5k, marathon, triathlon or other race
- ☐ Get back into playing a sport (soccer, softball, etc.)
- ☐ Have a more active lifestyle (biking, hiking, camping, etc.)
- ☐ Feel and be stronger
- ☐ Bring down my cholesterol
- ☐ Lower my blood pressure
- ☐ Other \_\_\_\_\_

### Family, Friends & Social Life

No man or woman is an island. We interact with people every day and weight and appearance impact our relationships. More quality time with people we care about gives us motivation to keep going on our weight loss plan.

**I Want To.....(Choose at least one)**

- ☐ Play and be active with my kids
- ☐ Stick around to see my grandkids grow up
- ☐ Do more active things with my spouse or significant other
- ☐ Keep up with my friend
- ☐ Start, or improve my dating scene
- ☐ Kick off a new career
- ☐ Get in shape before I have a baby
- ☐ Meeting In-laws for the first time
- ☐ Get in shape for my wedding or anniversary
- ☐ Knock 'em dead at my reunion!
- ☐ Other \_\_\_\_\_

### Everyday Signs and Situations

Sometimes the littlest things that we least expect can motivate us. Subtle but meaningful, small everyday signs add up to give you a sweeping view of your current weight loss status.

**I Want To..... (Choose at least one)**

- ☐ Be more confident in myself, with better self esteem
- ☐ Overcome shyness
- ☐ Be able to tie my shoes
- ☐ Put my pants on while standing
- ☐ Fly, ride a roller coaster or go to a movie without feeling squashed or using a seatbelt extender
- ☐ Walk into a room without feeling like people are staring
- ☐ Be a more confident public speaker
- ☐ Relax around other people and be myself
- ☐ Have people ask if I have lost weight
- ☐ Prove to myself that I can do it
- ☐ Other \_\_\_\_\_