

MY "BIG FAT WHY"

The brain is wired to satisfy the Motivational Triad: To seek pleasure, avoid pain, and operate in efficiency. Any change we make, we must be motivated by a bigger "why" in order to make a paradigm shift within our brain. Take some time to thoughtfully and prayerfully fill out these four questions that will become your "Big Fat Why," which will help keep you on track when challenges come. Post this in a prominent place where you easily see it and can say it often!

1) What is your overarching, compelling reason for wanting to lose weight?

2) What will you do when obstacles come? What is your plan when your brain says "no"?

3) Why are you committed to breaking the pattern of your food and exercise habits?

**4) Who will "you" be upon sticking to this commitment to lose weight?
What does "future you" look like?**