Overall goal:

One tiny goal that will help me get there:

DAILY: List 5 reasons why you want to do this tiny goal.

1. What do I want?
2. Why do I want this?
3. What will I gain?
4. What will I lose?
5. What if I did nothing?
6. What if I succeed?
7. If you know you could fail, why do it? Not doing it is also failing. How do I fail if I don’t act on this desire?
8. How is the opposite of winning, learning?
9. Think of someone else on the planet, who you know could step in today and do this thing quickly. What would they do?
   1. What qualities do they have that you need to develop?
   2. How do they think differently than you?
   3. What do they do that is different than what you do?
10. What type of person do you need to become to accomplish this goal?
11. If you could ask Future You about these obstacles, how would they say they overcame them?
12. What data points am I currently tracking?
13. What is one more data point I am willing to track?
14. Get on the scale every morning. Have a notepad right there—what are your thoughts about getting on the scale?
15. What are your thoughts about the food at the grocery store? In the aisles and different departments?
16. Notice and record the thoughts you have in the car about stopping for food.
17. If future me doesn’t overeat 80% of the time, what’s one thing I can do today to move toward that? (These Qs relate to your own self-made, personal food rules.)
    1. In the category of time:
       1. When do I eat, typically?
       2. How many times each day?
       3. At what times?
    2. In the area of how much I eat in each meal?
       1. Size of dishes
       2. Getting seconds
       3. How fast I eat?
    3. In the area of snacking?
    4. In the area of types of food?
    5. In the category of locations of where I eat?
       1. Home: table, counter, couch, with TV?
       2. Do I ever use a drive thru?
       3. Restaurants
       4. Airplanes
       5. Holidays
       6. Vacations
    6. Food storage in my home? Car? Purse, bag or backpack?
18. Do I ever eat when I am not hungry?
    1. Name the last time I did this.
       1. Where was I?
       2. What type of food was it?
       3. Had I smoked or drank before this?
    2. Do I tend to overeat when I am feeling an emotion?
    3. Do I tend to overeat when I’m with others?
19. What do you think to yourself when you see yourself naked in the mirror?
    1. When you get on the scale?
    2. When you are in the middle of snacking?
    3. When you accept a dessert?
    4. When you are naked in front of someone else?
    5. When you try on 10 pairs of jeans at the store?
20. True/False Section, then *write about your answers:*
    1. I think that my needs and wants are just as important as those of others.
    2. I can often effectively ask for what I need from others.
    3. I can easily list 20 things I like about myself. (Try it.)
    4. I talk to myself like I would my best friend or my partner.
    5. I eat foods that truly nourish my body.
    6. I believe I am healthy.
    7. I would be comfortable eating in a sit down restaurant alone.
    8. I am worthy of unconditional love.
    9. I can get my needs met and not feel selfish.
    10. There is no good or bad food.
    11. There are no good or bad feelings.
    12. I am not afraid to feel anything.
    13. A woman must look good at all times.
    14. Wrinkles and cellulite are unattractive.
    15. How do you take up space? In line? In a waiting room? On the couch? As a guest in someone’s home? On an airplane?