

## WELL FORMED OUTCOMES - LAYING THE BASIS FOR CHANGE

*Achieving healthy lifestyle involves change and it is important for you to identify whether you have any internal sub-conscious resistance to that change. This will be felt as internal conflict when you consider the answers to the following questions. Try to be as definitive as possible in answering them.*

Thus:

- What positive change(s) do you want for yourself?
- What will that do for you?
- In what way?
- What have you been getting out of what you have been doing up until now?
- How will you know when you have this change?
- How will others know?
- When do want the change to take place?
- Is there any context in which you don't want it?
- For how long do you want the change?
- What is stopping you from making the change?
- What do you need to facilitate the change?
- What do you have already in terms of skills which can help?
- Is there anything you will lose as a result of the change?
- What will you gain by making the change?
- Is what you want worth wanting?
- How are you going to get there (expand and encourage yourself)?
- What qualities do you think you might need to develop to overcome the obstacles?

## DEFINING YOUR BIG WHY

1. What is it what you want? (State your health goal briefly?)

Answer 1: \_\_\_\_\_

## MY FOOD ROMANCE: MINDSET Week 1

2. Why (Answer 1) is so important for you? What is so important for you about (Answer 1)?

Answer 2: \_\_\_\_\_

3. Why (Answer 2) is so important for you? What is so important for you about (Answer 2)?

Answer 3: \_\_\_\_\_

4. Why (Answer 3) is so important for you? What is so important for you about (Answer 3)?

Answer 4: \_\_\_\_\_

5. Why (Answer 4) is so important for you? What is so important for you about (Answer 4)?

Answer 5: \_\_\_\_\_

6. Why (Answer 5) is so important for you? What is so important for you about (Answer 5)?

Answer 6: \_\_\_\_\_

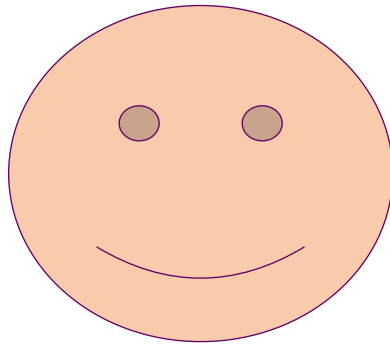
7. Why (Answer 6) is so important for you? What is so important for you about (Answer 6)?

Answer 7: \_\_\_\_\_

*It is likely that defining answer 7 will bring you closer to your big why.  
Keeping your Big Why in mind will help you stay motivated to take consistent action.*

## GOAL VISUALISATION TECHNIQUE

Imagine you have already achieved your health goal:



1. Look in the top right corner and imagine you see yourself having achieved your goal.  
Get the best picture and anchor it into your body by taking a deep breath and holding your pelvic floor muscles. Release and return your eyes to the centre
2. Move your eyes to the left. Think about a time when you heard someone telling you a compliment or imagine someone commenting on how great you look having achieved your goal.  
Make it sound very nice and anchor it into your body by taking a deep breath and holding your pelvic floor muscles. Release and return your eyes to the centre
3. Move your eyes to the right. Imagine you respond to a compliment or talking to yourself about how great you look having achieved your goal.  
Make it sound very nice and anchor it into your body by taking a deep breath and holding your pelvic floor muscles. Release and return your eyes to the centre
4. Look down and access the feeling you have having achieved your goal. Make it feel very nice, notice where in the body you feel it and quality of this feeling, emotion or sensation (size, colours, temperature, etc).  
Make it really feel great and anchor it into your body by taking a deep breath and holding your pelvic floor muscles. Release and return your eyes to the centre