

Why I CANT be fat anymore!

What are some painful things that are happening in your life right now because of your weight? *Examples: I find people at work don't take me seriously. Other parents turn their nose up at me and dont talk to me. I know my self-confidence is affected because I didn't apply for the promotion at work. I don't like my job, but I don't think anyone is hiring fat people. I think my husband might be looking at other women because I am unattractive to him. I feel more comfortable with my fat friends even though I know they are losers and bring me down. I know I am a terrible role model for my kids to learn healthy eating and exercise habits.*



Find 3 horribly painful consequences of STAYING fat!

Failure/Pain #1: _____

How does this make you feel?

How does this limit or hurt your life or others you care about? Now and into the future 10 years?

Failure/Pain #2: _____

How does this make you feel?

How does this limit or hurt your life or others you care about? Now and into the future 10 years?

Failure/Pain #3: _____

How does this make you feel?

How does this limit or hurt your life or others you care about? Now and into the future 10 years?