



My Slender For Life™ Commitment:

Section 1:

Goals for Ten Years

Goals for Six Years

Goals for Three Years

Goals for One Year

Goals for Six Months

Goals for Two Months

Goals for One Month

Goals for One Week (What is it that I am willing to do to release at least two pounds this next week)

Section 2:

Things That I Have Been Unable to Start

Things That I Have Been Unable to Change

Things That I Have Been Unable to Stop

Healthy Things That I Am Unwilling To Do To Meet My Weight Release Goal

What My Life Will Be Like In Ten Years If I Reach My Goal

What My Life Will Be Like In Ten Years If I Do Not Reach/Maintain My Goal

Write out 52 Reasons for being at your goal weight. Post one each week for the next year. (Bring a copy of this as well.)

Begin by reading Chapter 3 of *Becoming Slender For Life* and watching the video *Remember When* at www.HypnosisHealthInfo.com.

This is a commitment you are making to yourself. Please write your health and wellness goals on separate paper or on your computer. Keep a copy for yourself and bring these goals with you to your second session.

There is not enough room on this paper to answer these questions. Put some time and thought into your responses.

Your goal is to live the rest of your life at your ideal weight. What will your life be like at your ideal weight? How will you feel about yourself? What physical activities will you be doing that you can not do now or how will your physical activities improve?

Make sure that you sign and date your commitment.