**Vision Worksheet**

Get crystal clear on your vision and let it pull you into the right life you desire to have. Let go of the pain that has pushed to you to where you are now.

Reflections to bring on a clear vision…

1. Write down the exact weight that you want to be.
2. Write down what size clothing you want to wear.
3. Write down what you will think about yourself when you look in the mirror at your goal weight.
4. How will you feel physically? (flexible, clean, slim…find your own words)
5. How do want to feel mentally? (clear, in control, sexy….in your own words)
6. How do want to feel emotionally (proud, confident, strong…your words)
7. What will your life look like when you are in your right body?
8. How will that state of health impact your life?
9. What will you be able to do and accomplish that you can’t now?

 Be specific about how your “Right Life” will look when you are enjoying it in your Right Body. Make that vision very clear and call it up daily. Each time you call up your vision, clarify it a little more. Make your vision a reality – not a fantasy place that you go in your head – but a real life that you are making steps towards right now.

**Action Step: Ask yourself before you take a bite – “Does this bite get me closer to my vision?”**