Reasons	I Wa	nt to	Lose	We	ight
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Date:				

	Rank How Important This Advantage Is to Me
	1=Somewhat Important
	2=Important
I want to lose weight so I will:	3=Very Important
Look better	
Be more attractive to others	
Be able to wear a smaller size	
Be able to wear more stylish clothes	
Be happier when I look in the mirror	
Get joy out of clothes shopping	
Not feel so self-conscious	
Get more compliments	
Be in better health	
Be able to exercise better	
Live longer	
Feel better physically	
Have more energy	
Be more physically fit	
Enjoy sexual intimacy more	
Like myself more	
Feel more in control	
Feel like I have accomplished something important	
Will have more confidence	
Increase my self esteem	
Be less self-critical	
Feel more outgoing	
Do more things (like go to the beach)	
Not have to listen to others commenting about what	leat
Be able to be more assertive	
Not mind eating in front of others	
Not have others bothering me about my weight	
MY ADDITIONAL REASONS:	

Adapted from The Beck Diet Solution, Judith Beck, 2008