

**“Write Away The Pounds”
A Weight Loss Discovery Journal
Written by YOU!**

**“Life renews for body and soul
When thoughts are clothed in ink
Mysteries are solved and dragons slain
As words with paper link.”**

by Carolyn Allen
copyright 2010

www.MyWeightLossFriend.com and www.MyMiracleTea.com

It has been said, ‘Nothing happens until something moves!’ Move yourself to get out paper and pencil – even a photo and scrapbook to mark your progress and success this year.

You may use these questions as discussion or journal starters. Some groups like to cut them apart, put them in a cute jar or basket and do one or two a day or with each gathering. These questions easily adapt themselves for either individuals or groups of any age.

These questions are also good for starting scrapbook pages. How wonderful it will be a bit later in this year and then on New Year’s 2011 to flip through the pages and see your progress!

For your Photo Scrapbook, take some before pictures and schedule days for progress photos. Fast Sunday would be perfect!

FOR YOUR FIRST DISCUSSION HAVE THE LEADER READ THE FOLLOWING:

Oh, the great “why” of it all. Even when we know how to lose weight and there are no medical complications to hold us back, the “why” is probably the biggest part of past failures.

This is ours alone. No one can lose weight for you. Only you can light the candle within and keep it glowing. To understanding what’s going on inside your heart and head is almost more important than what’s going on inside your stomach and body. You’re ready or you wouldn’t be reading this now. This little journal you write will be just the beginning of a whole new way to see yourself, food, your body, your life and your weight.

Create A History

What were my eating habits as a child?

Photo Scrapbook Idea: Collect pictures of these foods

Create A History

What were my eating habits as a teenager?

Photo Scrapbook Idea: Collect pictures of these foods

Create A History

What were my eating habits as a young adult?

Photo Scrapbook Idea: Collect pictures of these foods

Create A History

What were my mother's (family's) eating habits and personal feelings about her own weight?

Photo Scrapbook Idea: Pictures of Family

Create A History

If your weight was a childhood challenge, what were your mother's feelings about it as you grew and developed? How did she handle your teenage years and food?

Create A History

What were the foods you grew up with? What did you most enjoy? Least enjoy?

Create A History

What part did food play in handling disappointments/frustrations or bad days as you grew up?

Create A History

What cultural/celebration/holiday foods were special for you and your family as you grew up?

Photo Scrapbook Idea: Holiday pictures

Create A History

What were your feelings about your body as you grew up?
As a teenager? College? Dating and Early Marriage?
During pregnancy and babies?

Photo Scrabook Idea: Collect pictures of these times.

Create A History

Are there patterns of gaining and losing at different times of the month, year or during seasons? Could these be marked on a calendar as “caution” zones?

Create A History

Has your weight been a source of conversation or discussion among important people in your life? What are your feelings or memories of these discussions?

Create A History

If you were overweight as a child/teenager, did it bother other people or family members more than it bothered you?

Create A History

Was there jealousy or disrespect in your family or among peers over body shapes/sizes/differences? How did you handle those feelings?

Am I Honestly Ready To Lose Weight?

Do I want this for myself or does someone want it for me?
Do I feel guilty or that I “should” want this more than I honestly do?

Am I Honestly Ready To Lose Weight?

Am I more or less lovable TO MYSELF based on my weight?

Am I Honestly Ready to Lose Weight?

What am I willing to do to lose weight?

Am I Honestly Ready to Lose Weight?

What am I NOT willing to do to lose weight?

Am I Honestly Ready to Lose Weight?

Am I willing to invest the time required to eat wisely and exercise?

Am I Honestly Ready to Lose Weight?

Do I know what a healthy weight feels like? Do I want to know what it feels like?.

Am I Honestly Ready to Lose Weight?

What pleasure or pay-off do I get from food and overeating?
Consider and write down in detail.

Am I Honestly Ready to Lose Weight?

What messages do I get from TV/magazines/culture about my own body? How does that affect how I eat and treat myself?

Am I Honestly Ready to Lose Weight?

How do I feel about the parts of myself and my life that losing weight cannot change, i.e. height, bone structure, family genetics, etc.

Am I Honestly Ready to Lose Weight?

Will losing weight change the behavior of significant others in my life? Am I ready to accept the changes that may (or may not) come?

Make Some Lists

10 Things I'm tired of experiencing

Make Some Lists

10 Things I'm going to do as I lose weight
Photo Scrabook Idea: Collect pictures of these activities.

Make Some Lists

10 things I'm going to wear as I lose weight
Photo Scrabook Idea: Collect pictures of these outfits

Make Some Lists

10 things I'm going to tell myself as I lose weight

Make Some Lists

10 things I'm going to tell others as I lose weight

Make Some Lists

10 things I'm going to stop telling myself about my weight
and body

Make Some Lists

10 reasons why losing weight is important to me

Make Some Lists

10 things that will change as I lose weight

Make Some Lists

10 things that won't change as I lose weight

Make Some Lists

10 people that my losing weight will make a positive difference for

Make Some Lists

10 people that my losing weight will NOT make a difference for

Make Some Lists

10 foods that are friends worth having around

Make Some Lists

10 foods that I need to find a new relationship with

Make Some Lists

10 things I choose to do to be active and have fun

Write Some Letters

Write a letter to the extra pounds. Speak to them as if they were a person and name the things they have done to hold you back and how they have hurt you in any way. Tell them they are no longer welcome and you are taking whatever steps are necessary to evict them from where they have been living.

Write Some Letters

Write a letter to the Fat Lady inside of you, who holds you hostage to your habits and the past. Tell her why you have needed. Recognize, with respect, her important part in your life.

Write Some Letters

Write a letter to the Thin Woman, the woman who holds your health, hopes and dreams.

Write Some Letters

Write a letter to your stomach and body, addressing their needs for you to treat them with respect.

Write Some Letters

Write welcome letters to new foods in your life that will play a crucial role in developing health, fitness, comfort and pride. Let them know you're looking forward to spending lots of happy, wonderful time together.

Write Some Letters

Write "Let's Stay In Control" letters to foods that will always be an important part of your life.

Write Some Letters

Write "Dear John" letters to foods that have caused problems and now need to be only passing acquaintances when necessary.

Write Some Letters

Write a letter to yourself, reminding you of what you want most. Mail it to open on a challenging day.

Visualize Some Dreams

Describe in detail how it feels to have a healthy weight body that is comfortable to live in and go places in

Visualize Some Dreams

Describe in detail how it feels to shop for a special event with a healthy weight and easy to fit size.

Visualize Some Dreams

Describe how it feels to no longer obsess over food, your weight and how your clothes fit.

Visualize Some Dreams

Write in detail about a special event where you're wearing something beautiful and fitted that shows off your success

Visualize Some Dreams

Write down the future compliments of someone dear to you

Visualize Some Dreams

Describe how it feels to have less body to dress and care for. Describe how it feels to see toned muscles and a feminine shape.

Visualize Some Dreams

Describe in detail how it feels to naturally crave healthy foods in appropriate amounts

Visualize Some Dreams

Project yourself one year from today and write your story to appear in a National Magazine that features Weight Loss Before and After Success Stories

Visualize Some Dreams

Describe cleaning out your closet and getting rid of clothes that will never fit you again. List the clothes that you will never be wearing again.

Carolyn Allen
Copyright 2011

www.MyWeightLossFriend.com and www.MyMiracleTea.com