

Weight Loss Motivation Questionnaire

This weight loss motivation questionnaire will help you see what the benefits of losing weight (or not losing weight) will be for you:

What are the benefits for you of losing weight?

How can losing weight improve your life?

What are the benefits of not losing weight?

What is good with your current life style?

Nothing is ever either black or white; of course there will be some disadvantages to what ever decision you make. These motivation questions will help you become aware of the disadvantages as well:

What are the disadvantages for you of losing weight?

How can losing weight make your life harder?

What are the disadvantages for you of not losing weight?

What is bad with your current life style?

The way you feel about weight loss will change over time. Answering these motivation questions from time to time will help you stay focused.