



# Ultimate Life's Power of Perspective Worksheet

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This is a powerful thought experiment: Go to near the end of your life. Imagine it is many years from now and you decided to not follow the steps you learn here. Instead, you carried on and continued to diet one after another, and continued to gain weight, be anxious and stressed and not deal with the emotions that cause you to over eat, and lose precious vitality year after year after year....

## Ask yourself:

- What are the consequences of that decision on your health?• What are the consequences on your relationships?
- What are the consequences on your sense of well being?
- How do you feel in your body?

Now imagine you stop dieting and you easily reach and maintain a healthy weight and a healthy lifestyle.

How good does this feel?

How much energy do you have?

What are you able to do?

What clothes are you able to wear?

Who are you within?

Exactly what will it be like to live the way you want to for years and years?

## Now stop!

It's time to decide if you want to hang onto your excuses, your excess weight, your negative mindset and body shaming, and finally getting that monkey off your back. Just know that from this step forward it is entirely up to you. So let's do this!

