

Decision Balance Sheet

There are positives and negatives to every decision we make. The Decision Balance Sheet is an important tool because it will keep you mindful of the reasons you're taking this weight-loss journey and the obstacles that are most likely to get in your way. See the example below, and then fill out the sheet for your own goal, whatever it may be. List as many as you can think of, you can always add to the list as you move throughout your journey.

My Goal: Lose the 50 pounds I feel is holding me back in my life.

GOOD THINGS ABOUT LOSING WEIGHT	POTENTIALLY CHALLENGING THINGS ABOUT LOSING WEIGHT
1. Looking great in clothes.	1. My husband is overweight and has no interest in losing weight. He may not like it if I get thin.
2. Making a better impression on my clients.	2. I hate to exercise and can never find the time.
3. Feeling good about how I'll look when I'm out with clients.	3. Giving up my convenience foods and finding time to cook healthy.
4. Not having to hide behind baggy clothes.	4. I have a sweet tooth.
5. Having more confidence in myself.	5. Monitoring my food choices and habits during the holidays and when I go on vacation.



MY GOAL:

POSITIVE THINGS ABOUT GETTING TO MY GOAL.	POTENTIALLY CHALLENGING THINGS ABOUT GETTING TO MY GOAL.
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.
8.	8.
9.	9.
10.	10.
11.	11.
12.	12.
13.	13.
14.	14.
15.	15.

