

Letter to Self

You will write two letters.

The first letter is to your current self. Your Letter to Self Now should address and answer this: What is it like to be you right now? Dig as deep into yourself as you can get. Be honest, blunt, and as raw as you can get. Think in terms of how your weight is affecting every aspect of your life, such as your self-esteem, marriage, children, sex life, social interactions, work habits, personal appearance, and physical and mental health.

Your Letter to Future Self should express this: How do you envision your life will change after weight loss? What is different about your life? How do YOU feel? What do you imagine it looks like? Feels like? Examine every aspect of it.

Letter to self (current)



Letter to self (future)

