

# THE 12 REASONS

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You are ready to make healthy choices. You **want** to change your life and make a positive difference! Creating better habits is simple...*but it isn't always easy!*

“ Motivation gets you started. Habit keeps you going. ”

In order to make meaningful, lasting changes, you need to turn your behaviors into habits. We can't rely on the fickle tides of motivation for long term success, Motivation can be so fleeting! **Let's get in touch with your real 'WHY'**. This is that deep down true-blue reason you want to make healthy changes. For some people, it is fear of disease or disability, for others, it is about having control.

*Some examples I've heard over the years:*

- I quit smoking because I didn't want to get wrinkles
- I quit smoking because I heard second-hand smoking could give my dog cancer
- I want to lose weight because 'that witch Heather' is skinnier than me and I can't let her win
- I want to get in shape so I feel comfortable having sex with the lights on
- I need to exercise more so I can play with my kids without being embarrassingly short of breath
- I am going to change because I'm never going to be humiliated by getting my butt stuck in a chair ever again!

The reasons are as varied as the people making them. They don't have to be noble or world-changing, *they just have to be yours*. Whatever will truly help keep you on track when the going gets tough and you want to quit!

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## YOUR ASSIGNMENT

**Write 12 reasons that you want to change your health for the better.**

Yes, 12! The first few will be easy...avoid heart attacks, lower cholesterol, feel better etc. *But I want you to dig deeper.* This isn't the kind of thing you just tell your coworkers, doctor, and acquaintances. The real answer will be the one you hesitate to write down. The one you would cover up if you were writing in a classroom. It might be number 1 or number 12, you will know it when you feel it. The others matter too, These 12 reasons will be your guide, your North Star, on your journey to an empowered healthy life!

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