

# The 5 Whys

In this exercise, you'll ask yourself why you want to lose weight. Write down whatever comes to mind. Then, continue to ask yourself "why" that answer is important to you until you get to your true, compelling reason for wanting to lose weight.

By the time you've gotten to the fifth "why", you should have a pretty good idea of some of your core priorities, values and motivators.

If you're having trouble finding the answers to your "why", here are some other questions to guide you:

- ❓ What seems so important or valuable about that?
- ❓ What pushes me towards doing that?
- ❓ If I got that thing, what would it give me, or change for me in my life?
- ❓ If I don't do or get that thing I want, what would bother me about that?

**Why do you want to lose weight?**

**Ok, why...**

**But, why...**

**Ok, why...**

**Ok, but why...**

**Can you summarize your WhyPower into one or two sentences?**

**Write down any insights you gained from the 5 Whys exercise**

Now, let's look at what might be holding you back on your weight loss journey. Spend some time thinking about the following questions:

**What is GOOD about NOT losing weight?**

How is the status quo working for you? What are the benefits of staying at your current weight?

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**What would be BAD about losing weight?**

If you lost your weight, what else might you lose? What might you have to give up? How would your regular routine be disrupted?

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**What might be GOOD about losing weight?**

What would the benefits be? What new opportunities or possibilities would it open up for you?

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**What might be BAD about NOT losing weight?**

What might things look like one year from now, or ten years from now if you stay at the same weight (or even gain weight)?

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Finally, making changes to your lifestyle takes time and energy. Sometimes this means other things in your life will have to give to make space for your new healthy habits. Take a moment to think about your priorities as you answer the following questions:

**Of all the competing priorities in your life right now, what's most important to you? Why?**

**In order to say "yes" to healthy choices, what are you willing to say "no" to?**

**What are you NOT prepared to give up or lose right now?**