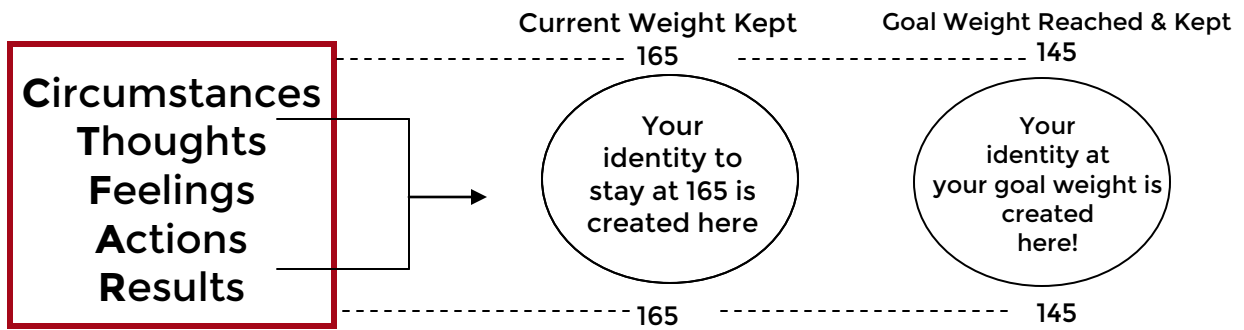


# Goal Weight Identity Shifts



## Thoughts That Make Your Current Weight Identity

- I can't stay on any plan.
- I am a junk food junkie.
- I will never get to my goal weight.
- I always give in to urges.
- I have no control over food.
- I don't like healthy foods.
- I'll always be fat.
- I am at my set point weight.
- I can never lose the last twenty pounds.
- I always go off and on healthy eating plans.
- I have too many special occasions to get to my goal weight.
- I'm too old to wear a size six.
- It's a waste of time and money to eat on protocol at restaurants.

## Thoughts That You Will Have at Your Goal Weight That Will Create Your Identity

- I keep my weight off easily.
- I always stay on my plan.
- I decide ahead of time what I am going to eat.
- I create my protocol then stick with it.
- I plan for special treats ahead of time and don't eat them except for when planned.
- I enjoy healthy foods.
- I maintain my weight the same way I lost it.
- I plan for special occasions.
- I choose healthy foods in restaurants.
- I use my "adult brain" to make food decisions not my "toddler brain" in the moment.

# Steps for Creating Goal Weight Identity\*

1. Make a list of thoughts that you will have and believe as your Goal Weight Identity
2. Recite, Write, and Memorize these Beliefs

{ Use “Monkey Bar Thoughts” if you can’t believe the identity thoughts yet. }

3. Discover what feelings each thought creates. Write these beside your thoughts and beliefs.
4. Use these as “Pocket Thoughts” as you take on your Goal Weight Identity

\*Use Goal Weight Identity Worksheet Provided

## Glossary

- Goal Weight Identity– The “new you.” The person you will be at your goal weight.
- Monkey Bar Thoughts–Thoughts you can believe that take you a rung or two over the monkey bars when you can’t believe thoughts that take you all the way across.
- Pocket Thoughts–A thought or two that you carry in your “pocket” or on your phone that you believe.

# Thoughts and Feelings for Goal Weight Identity [Samples]

Thought /Belief You Might  
Have at Goal Weight

Feeling This Thought  
Might Create

I stay on protocol easily ----- Empowered

I decide ahead of time what to eat ----- Self-Controlled

I eat at least 80% fuel food ----- Care for Self

I stay in integrity with myself ----- Sure

I am at my right sized body ----- Pride

I love the size clothes I wear ----- Attractive

## Monkey Bar Thoughts to Bridge

(Use these words in front of thoughts, as needed)

I can ...

I am learning to ...

I am determined to...

I am able to...

I have the ability to...



# Thoughts and Feelings for Goal Weight Identity Worksheet

Thought/Belief You Might  
Have at Goal Weight

Feeling This Thought  
Might Create

_____	-----	_____
_____	-----	_____
_____	-----	_____
_____	-----	_____
_____	-----	_____
_____	-----	_____
_____	-----	_____
_____	-----	_____
_____	-----	_____
_____	-----	_____

**Don't Forget Your Monkey Bar Thoughts as Needed**  
(use these words in front of thoughts as needed)

I can ...

I am learning to ...

I am determined to...

I am able to...

I have the ability to...

