

My Lucky S.T.A.R.s Top 10

Worksheet #1

Let's savor your success. Now that you have lost weight, what have you gained? Make a list of **all the benefits** of your weight loss that you notice, and any key reasons you want to stay at this weight. An example might be, "I feel more energetic and now enjoy taking hikes with my family." You will receive a copy of your Top 10 to use as a reference when you need a motivational boost.

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Tell a "Joy Story"

How does your new weight, your slimmer body and your better health, make you happy? Use the back side of this sheet to jot down some of your thoughts and feelings about the pleasure you feel in the benefits you listed above, and how you can remain satisfied with maintaining your weight.

