

## What's In It For You?

**Instructions:** Take a minute to look over the list of various reasons that might be influencing you as you contemplate the decision to change the robustness of your nutritional lifestyle. Indicate how much each one is actually motivating your desire for improved eating habits.

Be brutally honest with yourself. What is it that really matters to you?

I want to be thinner, sexier or more attractive.

<b>Not Very important</b>		<b>Somewhat Important</b>		<b>Extremely Important</b>
1	2	3	4	5

I want to improve and maintain great health and vitality this year.

<b>Not Very important</b>		<b>Somewhat Important</b>		<b>Extremely Important</b>
1	2	3	4	5

I want to be happier and better able to maintain my motivation.

<b>Not Very important</b>		<b>Somewhat Important</b>		<b>Extremely Important</b>
1	2	3	4	5

I want to increase my feelings of self control and be the master of my own life.

<b>Not Very important</b>		<b>Somewhat Important</b>		<b>Extremely Important</b>
1	2	3	4	5

I want to increase my daily energy, stamina, and physical strength.

<b>Not Very important</b>		<b>Somewhat Important</b>		<b>Extremely Important</b>
1	2	3	4	5

I want to improve the health and well-being of those whom I live with and love.

<b>Not Very important</b>		<b>Somewhat Important</b>		<b>Extremely Important</b>
1	2	3	4	5

I want to reduce the likelihood of facing chronic or disabling diseases.

<b>Not Very important</b>		<b>Somewhat Important</b>		<b>Extremely Important</b>
1	2	3	4	5

I want to live longer and be healthy and active as I grow older.

<b>Not Very important</b>		<b>Somewhat Important</b>		<b>Extremely Important</b>
1	2	3	4	5

Other \_\_\_\_\_

<b>Not Very important</b>		<b>Somewhat Important</b>		<b>Extremely Important</b>
1	2	3	4	5