

DATE: _____



MY MOTIVATORS

Making lifestyle changes that become habits takes commitment and motivation. It is important that you understand and remember why you are seeking bariatric surgery. What are your reasons for wanting to lose weight? Do you want to resolve health problems? Do you want to get off medications? Do you want to be able to travel comfortably? Do you want to have more energy to keep up with your family? Remembering your motivators is critical for your success. Write down at least 10 of your motivators and keep this list handy. Make copies and post them where you can easily see them. Put them up as your screensaver on your phone or computer. Read through often and whenever you find yourself in a challenging situation or hit a bump in the road.

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