
A What I Want" Manifesto

EPISODE 35

What is a weight loss manifesto?

A manifesto is a declaration of your objectives and course of action, all based on this realistic vision about the future that you actually believe and can imagine.

When you create your manifesto with intention and keep it front of mind, it will start changing how you show up in the present moment, which is what matters most.

How to create a manifesto:

First, make a list of what you want from your weight loss goal. You can do this on your own *or you can use the free "What I Want" Manifesto Worksheet I created.*

Next, look at your vision list – that detailed list that you just wrote – and come up with three statements that encompass what you want. Write them down under the heading, "What I Want."

Now you've created a vision of change that is clear, specific, realistic, authentic and that you believe can happen. You can revisit this vision over and over.

Decide that every time you have an urge to escape with food, every time you want to eat off your plan, or overeat in any way, that you will review your manifesto before doing so. Take a picture of it. Put it in your phone. Make it your screensaver. Make it accessible to you so that you can revisit it as much as possible.