

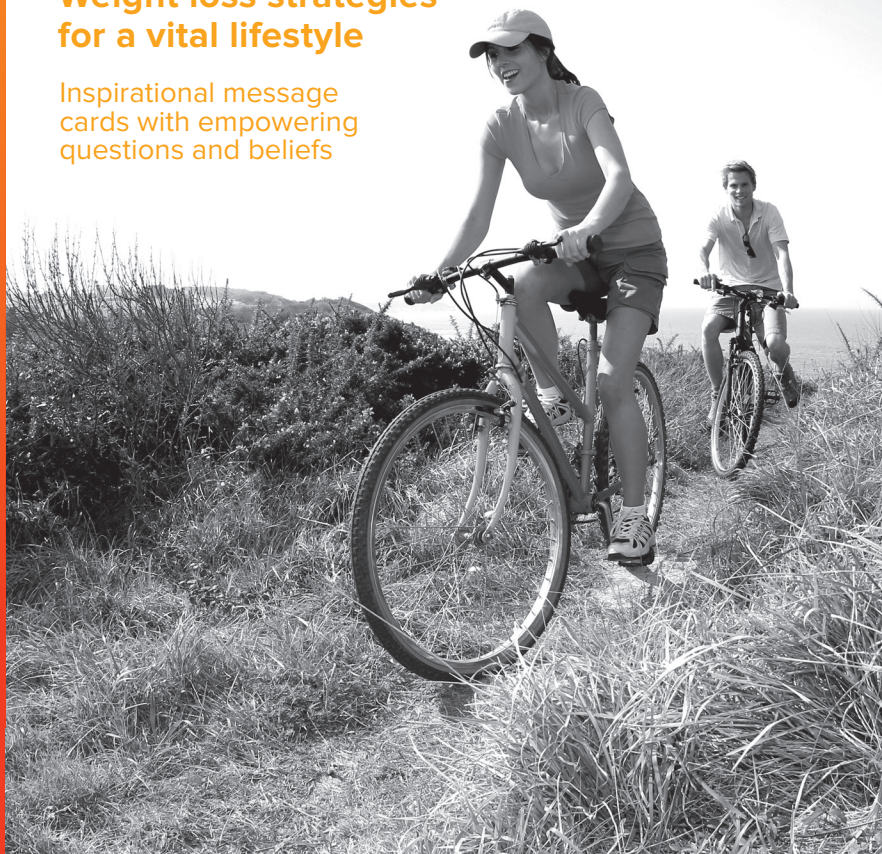
TONY ROBBINS

# THE BODY YOU DESERVE

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**Weight loss strategies  
for a vital lifestyle**

Inspirational message  
cards with empowering  
questions and beliefs



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**“TAKE CARE OF YOUR  
BODY. IT’S THE ONLY  
PLACE YOU HAVE  
TO LIVE.”**

**—JIM ROHN**

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**WHERE I'M GOING  
IS MORE IMPORTANT  
THAN WHERE I AM.**

WEIGHT LOSS STRATEGIES FOR A VITAL LIFESTYLE

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# **MENTAL CREATION, THEN PHYSICAL CREATION.**

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**EVERYDAY  
ABOVE GROUND  
IS A GOOD DAY.**

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# I LIVE WITH PASSION AND PURPOSE.

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**MY DAILY  
DECISIONS  
DETERMINE  
MY DESTINY.**

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THERE IS  
ALWAYS  
A WAY  
IF I'M  
COMMITTED.

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**I ENJOYABLY  
CREATE THE BODY  
I DESERVE.**

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# THE PAST DOES NOT EQUAL THE FUTURE

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**WHAT CAN I USE  
(OTHER THAN FOOD)  
TO MAKE ME  
FEEL GOOD NOW?**

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IN ORDER  
TO DO SOMETHING,  
I MUST FIRST  
BE SOMETHING

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COMMITMENT.  
FOCUS.  
ACTION.

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# IS THIS CLEANSING ME OR CLOGGING ME?

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# I CAN DO IT.

**I** = I control the urge. I'm winning. I'm smiling.

**C** = Counterfeit urges don't control me.  
Talk to your urges as if they were con men.

**A** = Ask yourself questions that will break the old pattern and then ask yourself questions that will create a new pattern.

**N** = Now. Breathe and move!

**D** = Drink water instead of eating unhealthy foods.  
Don't be a dog like sparky!

**O** = "Oh, what a smell!" Link a rotten, raunchy, putrid smell to the food you think you are going to eat.

**I** = Interrupt the pattern. Do something you really enjoy.  
Brush your teeth. Take a shower. Go to a mirror, take off your clothes and take a close look. Picture your image goal in your mind and decide if eating the food is worth it.

**T** = Trample the urge and Target your desire. Picture a huge red stop sign in your mind and shout as loud as you can STOP IT! Then target your desire by seeing, hearing and feeling your identity.

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**“TO GET QUALITY  
ANSWERS, YOU HAVE  
TO ASK QUALITY  
QUESTIONS.”**

**—TONY ROBBINS**



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**“HEALTH IS ENERGY—  
A STATE WHERE  
THE MIND AND BODY  
ARE AT PEAK  
EFFICIENCIES.”**

**—TONY ROBBINS**

**TONY ROBBINS**

**“REPETITION  
IS THE MOTHER  
OF SKILL.”**

**—TONY ROBBINS**

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# MORNING POWER QUESTIONS

- 1. What am I happy about in my life right now?**  
*What about that makes me happy? How does that make me feel?*
- 2. What am I excited about in my life right now?**  
*What about that makes me excited? How does that make me feel?*
- 3. What am I proud about in my life right now?**  
*What about that makes me proud? How does that make me feel?*
- 4. What am I grateful about in my life right now?**  
*What about that makes me grateful? How does that make me feel?*
- 5. What am I enjoying most in my life right now?**  
*What about that do I enjoy? How does that make me feel?*
- 6. What am I committed to in my life right now?**  
*What about that makes me committed? How does that make me feel?*
- 7. Who do I love? Who loves me?**  
*What about that makes me loving? How does that make me feel?*

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# EVENING POWER QUESTIONS

1. What have I given today?

*In what ways have I been a giver today?*

2. What did I learn today?

3. How has today added to the quality of my life —


or how can I use today as an investment in my future?

*Repeat morning questions (optional)*

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# PROBLEM SOLVING QUESTIONS

1. What is great about this problem?
2. What is not perfect yet?
3. What am I willing to do to make it the way I want it?
4. What am I willing to no longer do in order to make it the way I want it?
5. How can I enjoy the process while I do what is necessary to make it the way I want it?



ALL I NEED  
IS WITHIN ME  
NOW.

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