

## **Appendix 3, "Paradise" Reasons**

Goal: create reasons to move towards your island paradise.

Answer the following question with as many responses as possible. Experience feelings. The more deep, strong, positive feelings you can engage, the better.

### **How would my life benefit from exercise?**

**Hints:**

Vanity reasons are weak and tend to be short-lived.

How are the people you're close to influenced by your lifestyle?

If you live until your 100<sup>th</sup> birthday, who would benefit? What would you do?

Who would care if you were more pleasant?

What would happen if you were less stressed?

What could you do if you had more energy?

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What are the benefits of getting sick less often?

Why would you want to serve as *positive* example for your family and loved ones? What would happen?

Would you enjoy more restful sleep?

How many people would notice your improved posture and extra energy?

What would happen if your self esteem increased?.

Could you be proud of yourself?

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|-----|-----|-----|
| 27. | 36. | 45. |
| 28. | 37. | 46. |
| 29. | 38. | 47. |
| 30. | 39. | 48. |
| 31. | 40. | 49. |
| 32. | 41. | 50. |
| 33. | 42. | 51. |
| 34. | 43. |     |
| 35. | 44. |     |

### Tips

- Turn your dreams into goals by setting dates. Set them in the near future.
- You're not alone; how could your good habits influence or affect others?
- Feel it as if it's already happened; the more realistic the experience the better; use all five senses, not just sight