

Appendix 2, "Waterfall" Reasons

Goal: create reasons to avoid going "over the waterfall".

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

What parts of my life do I hate because I *don't* 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 your current habits help contribute to your death in one year, who would be affected? What would you miss out on?

Would you like to be more pleasant?

Do you lack energy? What problems does it cause? At home? Work?

Is your lifestyle making it difficult to provide for your family?

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Do you frequently feel bad? Are you sick often? What happens as a result?

Do you serve as *negative* example for others? How so?

Are ever embarrassed or ashamed? Dig. Why? How often?

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|----|-----|-----|
| 1. | 10. | 19. |
| 2. | 11. | 20. |
| 3. | 12. | 21. |
| 4. | 13. | 22. |
| 5. | 14. | 23. |
| 6. | 15. | 24. |
| 7. | 16. | 25. |
| 8. | 17. | 26. |
| 9. | 18. | |

More tips:

Amplify the feeling by projecting it out over time. If it's bad now, how bad will it be in one year? Ten? Thirty?

You're not alone, how do your current habits influence or affect others?

- Visualize; the more realistic the experience, the better; use all five senses, not just sight.

Over-achievers: use an additional sheet; and congratulate yourself.