

# DAY FOUR

## Why?



Digging into our souls and discovering what we really want helps set our resolve and leads us to the successful results we want. As you think about why you want to drop unwanted pounds and develop a lifestyle of health, uncover your whys.

Why do you want to be healthy? \_\_\_\_\_

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Why do you want that? \_\_\_\_\_

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Healthy Habit: Quit the Clean Plate Club

