

# A Year of Progress

Year: 20\_\_\_\_\_

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January is tricky territory, particularly if losing weight and improving health are on your agenda. Start your new year by looking back at the old year. Answer the questions below.

Don't be afraid to celebrate small successes! My guess is that you made progress in many of these areas...more than you give yourself credit for.

**1**

## In what ways was I healthier than I was this time last year?

Write your list here:

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Examples:

- I feel better—physically, mentally, and emotionally.
- I feel more focused and confident.
- I am gentler with myself when I lapse.
- I get back on track sooner.
- I plan and pack my meals more often.
- I get more sleep.
- I spend more time having fun.
- I move my body more frequently.
- I have a more consistent exercise routine.

**2**

## What were 5 accomplishments I made last year, however small or big?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**3**

## What were the changes that made a positive impact on my health? Even the small ones!

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