

Cut cards along dotted lines.

THE MORNING POWER QUESTIONS

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

THE 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 the Morning Questions (optional).



Interior of card

**IF IT
SHAPES
THE
SNOUTS**

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THE 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?

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Exterior of card

FOLD ---

--- FOLD

CUT ALONG DOTTED LINES

The Body You Deserve![™]

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. Then ask yourself questions that will create a new pattern.

N = NOW! Breathe and move!

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

O = "Oh, what a smell!" Link a rotten, rancid, putrid smell to the food you think you're 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! Then 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.

FOLD

FOLD

STOP NOW!

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VITAL LIFE SERIES**

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Interior of Card

Exterior of Card

The Body You Deserve!

The Body You Deserve!

The Body You Deserve!

Nothing Tastes as Good as Thin Feels!

My Daily Decisions Determine My Destiny!

The Body You Deserve!

The Body You Deserve!

The Body You Deserve!

There is Always a Way if I'm Committed!

I Enjoyably Create The Body I Deserve!

The Body You Deserve!

The Body You Deserve!

The Body You Deserve!

The Past Does Not Equal the Future!

In Order to Do Something, I Must First Be Something!

The Body You Deserve!

The Body You Deserve!

The Body You Deserve!

Commitment, Focus, Action!

Who Asks a King for a Penny?

The Body You Deserve!

The Body You Deserve!

The Body You Deserve!

The Body You Deserve!

*What Can I Use
(Other Than Food)
to Make Me
Feel Good Now!*

*Do The Thing and
You Will Have
The Power!*

The Body You Deserve!

The Body You Deserve!

The Body You Deserve!

The Body You Deserve!

*If I Don't Use It,
I Lose It!*

*I Must Be Trim!
I Must Do It!
I Can Do It!*

The Body You Deserve!

The Body You Deserve!

The Body You Deserve!

The Body You Deserve!

*Where I'm Going
is More Important
than Where I Am!*

*Mental Creation,
Then Physical
Creation!*

The Body You Deserve!

The Body You Deserve!

The Body You Deserve!

The Body You Deserve!

*Everyday is
Christmas
Morning!*

*I Live with Passion
and Purpose!*

The Body You Deserve![™]

Eating Diary WEEK OF _____

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In the diary below, write everything you eat and drink each day of this program.

	BREAKFAST	LUNCH	DINNER	SNACKS
1 <i>Monday</i>				
2 <i>Tuesday</i>				
3 <i>Wednesday</i>				
4 <i>Thursday</i>				
5 <i>Friday</i>				
6 <i>Saturday</i>				
7 <i>Sunday</i>				