

# EAT ANYTHING

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## Pleasurable Word, Words & Phrases

Fill in this table with pleasurable word, words and phrases associated with the various aspects of your life. Feel free to add your own aspects as well further down the page.

Aspect	Question to ask yourself	Word, Words & Phrases
<b>SLEEP</b>	Sleep improves when you lose weight. How will you feel when you get a better nights sleep?	
<b>WORK</b>	Will you get a better job or promotion if you are slimmer? Will you earn more money? What will happen at work if you lose weight?	
<b>STRESS</b>	How will your ability to deal with stress be if you are slimmer?	
<b>SEX</b>	How will your sex life improve as a result of you being slimmer?	
<b>ILLNESS</b>	Slimmer people have less colds. How will your life be without the interruptions of colds and flu?	

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<b>SKIN</b>	How will your skin be when you are slim?	
<b>MIND</b>	How will your mind be when you are slim and at your ideal weight.	
<b>ATTRACTIVENESS</b>	How will it feel to get more attention from the gender of your choice?	
<b>MOOD</b>	How will your mood improve?	
<b>SOCIAL</b>	How will your social life improve? Will you go out more? Will you meet different people and if so whom?	
<b>FITNESS</b>	How will your fitness levels improve? What impact on your life will it have?	

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<b>FAMILY</b>	What will be the reaction of your family members if you lose weight?	
<b>LIFE LONGEVITY</b>	What would your prospects be for living a longer life? What benefits will that bring?	