

4-Day Win Worksheet

Adapted using the information from the book: "The 4-Day Win: End your diet war and achieve thinner peace by Martha Beck, PhD

	<i>Day One</i>	<i>Day Two</i>	<i>Day Three</i>	<i>Day Four</i>
<i>Pick a Goal</i>				
<i>Divide goal in half</i>				
What's an even smaller action step you can take to achieve this goal?				
My ridiculously easy goal				
Now think of a reward you can give yourself for doing that incredibly easy step Today.				
			Four-Day Reward:	