Conversation template

Here is a conversation template for how you can approach your partner with a request, in which you explain your weight loss plan and ask for their support:

> *"Honey, I want to talk to you about something that is very important to me. I have decided that I want to reduce my weight in a healthy way. I know I've tried many methods before, but I'm determined to succeed this time.*
>
> *It's important to me because I want to feel fitter and more comfortable in my own skin. I've noticed that I'm having a hard time doing this on my own, and I believe that with your support, I could be much more successful.*
>
> *It would help me a lot if we could set some healthy goals together. Maybe we could plan and cook healthy meals together or go for walks in the evenings. If I have a low moment, it would mean a lot to me if you reminded me why I'm doing this and encouraged me to keep going.*
>
> *I know that you may not have the same goals as me, but it's important to me that we tackle this together. What do you think?"*

You can use this conversation template in a slightly modified form for other family members, friends, and colleagues/superiors.