



When/Then vs Even Though...

What are you putting off until you've e.g. "lost the weight" / "got my eating under control"

1. Write this as a 'when' statement below e.g. – "when I've lost 2 stone" or whatever your regular 'when' statement is:
2. Then write all the plans you have for 'then' underneath

When _____

Then I will _____

And _____

And _____

3. Next, take your first 'when' statement and turn it around to 'even though' e.g. "I'm not happy with my current weight" or "I have a lot of work to do in order to be fully healthy and well..."
4. Take your first 'then' statement from above and write it on the line 'I can still'
5. Read the full statement out loud to yourself and see how it sounds.
6. Repeat for your other 'then' statements above

Even though _____

I can still _____

IF I WANT TO

Even though _____

I can still _____

IF I WANT TO.