

Losing Weight with a Growth Mindset

INSTEAD OF SAYING...	TRY THINKING...
<ul style="list-style-type: none">• I can't eat that; it isn't on my diet.	<ul style="list-style-type: none">• I'm going to choose a different food because I want to be healthier.
<ul style="list-style-type: none">• Ugh! I have to work out.	<ul style="list-style-type: none">• I want to exercise because I like how I feel about myself after I do.
<ul style="list-style-type: none">• Why am I even trying? I've never been able to lose weight before.	<ul style="list-style-type: none">• I am committed to losing weight. I just need to take it one day at a time, one pound at a time.
<ul style="list-style-type: none">• I'm going to die if I have to eat one more salad.	<ul style="list-style-type: none">• I'm going to find a new recipe this week.
<ul style="list-style-type: none">• I'll never be able to run a 5K.	<ul style="list-style-type: none">• If I continue to run and try to stretch myself just a little further each week, I will eventually be ready for a 5K.
<ul style="list-style-type: none">• I blew my diet yesterday. I might as well give up.	<ul style="list-style-type: none">• I am creating a new lifestyle. I won't always be perfect, but I can be better today.

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