

ACCCEPT YOURSELF, ALONG WITH YOUR STRENGTHS AND WEAKNESSES. **B**ELIEVE IN YOURSELF. **C**HOOSE REWARDS FOR ACCOMPLISHING YOUR GOALS. **D**RINK AT LEAST 64 OUNCES OF WATER EACH DAY. **E**XERCISE DAILY. **F**ORGIVE YOURSELF IF YOU MAKE MISTAKES. **G**ENERATE A LIST OF REASONS WHY. **H**ONOR YOUR GOALS BY MAKING TIME FOR THEM EVERYDAY. **I**NSPIRE YOURSELF WITH POSITIVE QUOTES AND PICTURES. **J**OURNAL ABOUT YOUR FOOD, EXERCISE, AND EMOTIONS. **K**EEP A POSITIVE OUTLOOK. **L**ET VEGETABLES BE HALF OF EVERY MEAL. **M**EASURE YOUR PROGRESS IN A VARIETY OF WAYS. **N**EVER GIVE UP ON YOURSELF OR YOUR GOALS. **O**VERCOME THE THINGS YOU THOUGHT YOU COULDN'T DO. **P**LAN YOUR MEALS IN ADVANCE. **Q**UIT MAKING EXCUSES; YOU DESERVE BETTER. **R**EMEMBER WHY YOU STARTED. **S**URROUND YOURSELF WITH PEOPLE WHO SUPPORT YOU. **T**AKE IT ONE DAY AT A TIME. **U**SE YOUR PAST EXPERIENCES TO CREATE A STRONGER FUTURE. **V**ISUALIZE A HEALTHIER YOU AND ALL THE BENEFITS THAT COME WITH IT. **W**RITE SPECIFIC SHORT- AND LONG-TERM GOALS. **E**XPAND YOUR DIET WITH NEW FOODS AND RECIPES. **Y**EARN TO BE BETTER THAN YOU WERE YESTERDAY. **Z**ONE IN ON YOU.