

I focus on my weight loss goals

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Three elements that help me stay focused on my weight loss goals are consistency, discipline, and willpower. I recognize that I have the power of choice on a daily basis to positively affect my results.

I go to the gym or participate in some form of exercise on a daily or weekly basis, depending on my weight loss goals.

Exercising creates positive habits in my life.

I learn something new each week about maintaining my health, enhancing my nutrition, or adjusting my diet for more positive results. I can do this by talking with someone new, scheduling an appointment with my doctor, reading fitness magazines, or learning new exercises.

I recognize that there will be setbacks along the way and that this is completely normal.

Each day, I make food choices based on my weight loss and health goals. I choose to pass up sugar cravings, and instead, I select fruits, vegetables, and other foods that

strengthen my health.

I recognize that each time I am faced with a temptation to consume something sugary and sweet is an opportunity for personal growth. This opportunity makes me stronger, both physically and mentally, in my fight to lose weight and maintain a healthy diet.

Today, I sacrifice short-term desires for sugary foods and choose healthier options. My positive choices become easier as the days and weeks pass and as I notice progress in my weight loss journey.

Self-Reflection Questions:

1. Where am I currently at in my weight loss goals and where do I want to be?
2. What negative habits do I currently have that interfere with weight loss?
3. What are some healthy, nutritious foods that I can incorporate into my diet?