

# Attitude!!

## Do you have a positive attitude about losing weight?

Your attitude has everything to do with your ability to be successful! A negative attitude is a sure-fire path to failure... But a POSITIVE ATTITUDE almost always guarantees success!

Here are some tips for having a positive attitude:

- **Think Positive Thoughts.**

Be aware of your thoughts. Whenever a negative thought comes to mind, counteract it with a positive thought. Keep a list of positive thoughts in mind. For example, think “I am a good person, and I am worth the effort!” or “I am proud of what I am doing”.

- **Set small, achievable daily goals.**

For example: “Today I’m going to take a 20 minute walk at lunchtime”. Then, do it! A positive attitude is built through small successes.

- **Reward yourself often for achieving your goals.**

Pat yourself on the back! Go to a movie. Buy yourself something nice. Do lots of positive self-talk!

- **Surround yourself with positive people.**

- **Be kind to yourself through the ups and downs of your weight control efforts.**

A positive attitude will help you prevail.

