

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 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, replace it with a positive thought. Keep a list of positive thoughts in mind. For example, “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.” A positive attitude is built with small successes.
- **Reward yourself often for achieving your goals.** Pat yourself on the back! Go to a movie. Buy yourself something nice, but avoid rewarding yourself with food. Tell yourself you have done a good job.
- **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.

