Guiding Thoughts and Images

For behavior change, one or two specific positive thoughts or mental images can help guide you. Ask yourself:

- What are your “guiding thoughts” and “guiding images?”
- What personal thoughts and images motivate you to lose weight?

Use these thoughts and mental images to truly guide you through your weight control efforts. Think about them often!

Examples of guiding thoughts:

- “I want to live to see my grandchildren grow up.”
- “I will feel much better when some of this weight is gone.”
- “I am worth the effort. I am going to do it!”
- “I CAN do this!”

Examples of guiding images:

- I picture myself as a much healthier and happier person.
- I picture myself surrounded by my children and grandchildren.
- I see myself walking regularly, feeling good, and moving easily.
- I see myself feeling really proud of what I have accomplished.