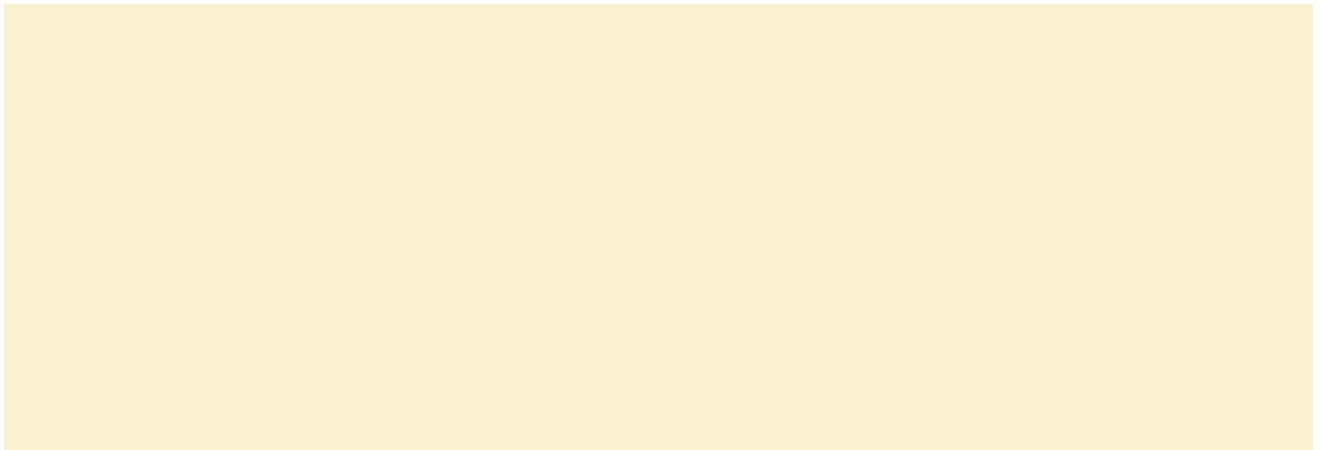


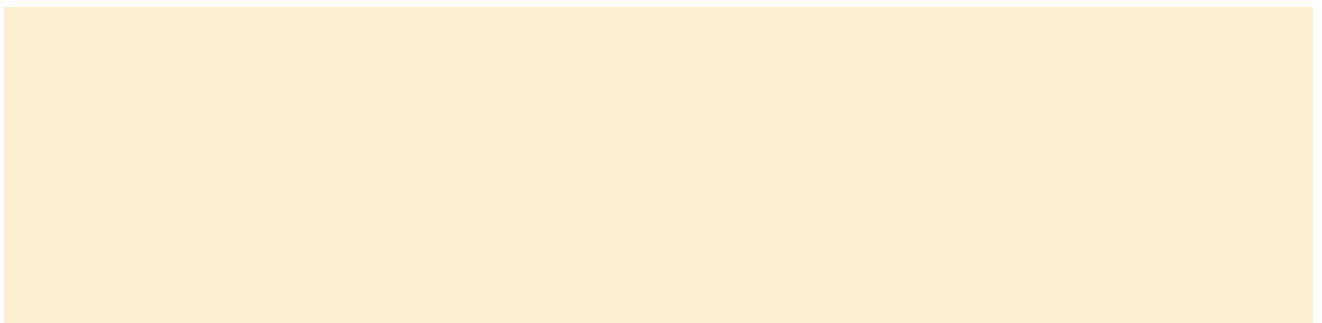
BEAUTIFUL BODY

We are so mean to ourselves when it comes to judging our body. It's natural, but we can train ourselves to be nicer to our bodies, just like we train ourselves to be nicer to a family member that annoys us, but is still family. One great way to start, is to realize all that your body actually does for you! Once you start listing, you will realize she does a lot.

List out all of the things that you like about your body and what your body allows you to do:



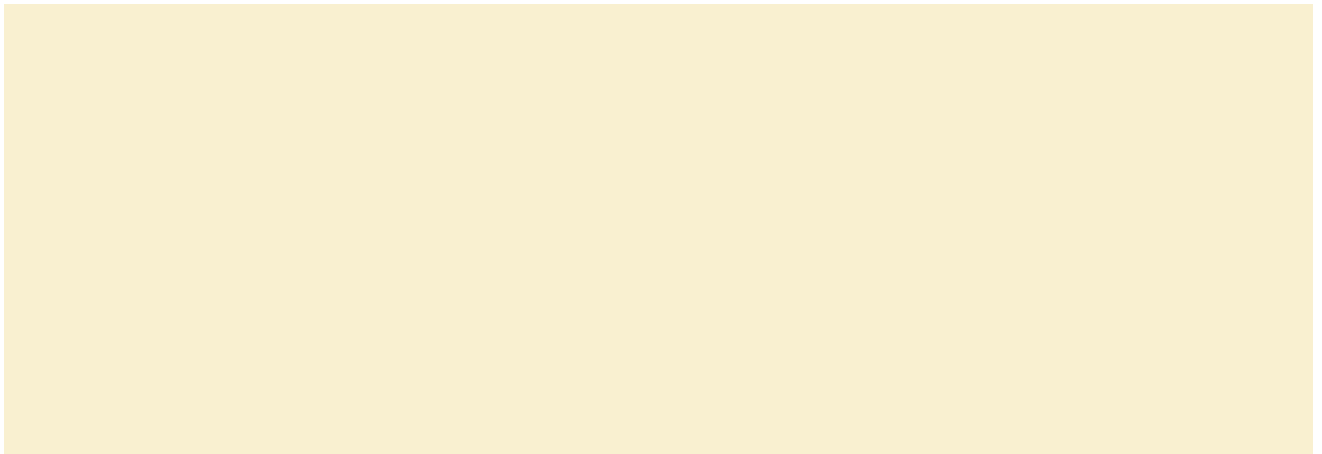
Because your body does all these wonderful things for you, how can you treat her better on a daily basis?



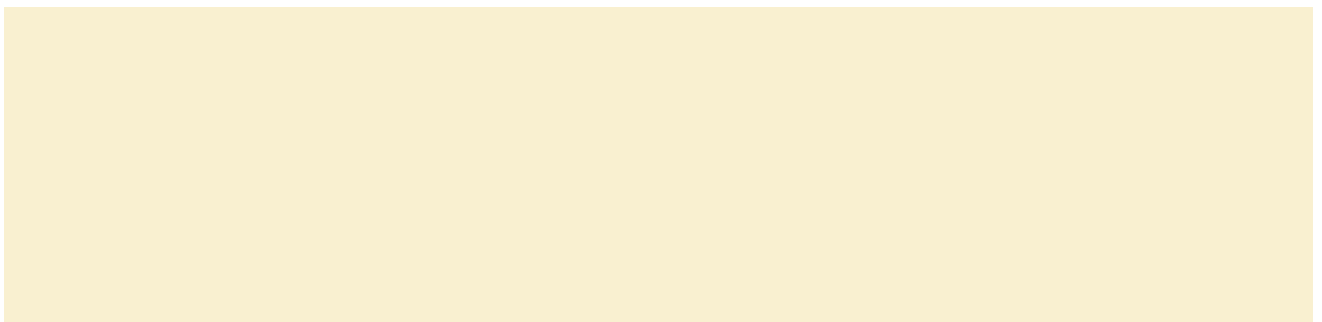
NEGATIVITY MANTRA

When the negativity starts to creep in, we have to have a way to get it OUT!

What can you say to yourself when the negativity starts to creep in that will allow you to let it escape from your mind?



Sometimes your mind still wanders and distraction works better. What way can you easily distract yourself to take your mind off the negative comments?



DREAM WEIGHT

We often times have a number that we would absolutely love to see on the scale. But really, a number can't do anything for our daily happiness, so start to think about what that number really represents.

What does that number on the scale mean to you? What is the feeling you will have when you are at your goal weight?

How would you act differently if you were already at your dream weight? What's holding you back from acting that way now?

ACTION STEP:

Hide the scale for the WHOLE week, and go out and do something you would do if you were already at your dream weight.