

Change The Way You *Think*



When you change your thinking, you change your beliefs. When you change your beliefs, you change your expectations. When you change your expectations, you change your attitude. When you change your attitude, you change your behavior. When you change your behavior, you change your performance. When you change your performance...YOU CHANGE YOUR LIFE!

Write a positive belief statement about yourself and your ability to reach your goals.

List 5 realistic expectations you have for your weight loss journey.

List 10 positive attitudes you have towards your weight loss journey, ie: determined, optimistic, motivated.

What are 3 behaviors you currently have that you are committed to changing?

How are you planning to show up and perform on your weight loss journey this week?