

39. 52 Inspirations for Weight Loss

Motivational Issues

1. Be realistic.
2. Can't have it both ways.
3. Celebrate every success.
4. DENIAL is Don't Even know I Am Lying (to myself).
5. Discover healing rituals.
6. Do it anyway.
7. Do NOT sabotage myself with doubt.
8. Does this choice help make me stronger?
9. Exercise no matter what.
10. Get back on track.
11. Give myself credit.
12. Hunger and cravings aren't emergencies.
13. It's OK to disappoint people.

All about Diet

1. Put dieting first.
2. Throw some food away.
3. Don't comfort myself with food.
4. Eat mindfully.
5. Eating well is a reward I give myself.
6. Food IS the consolation prize.
7. I don't eat crap.
8. I don't eat food just because it's there.
9. If not food, then what?
10. It's not okay to eat this.
11. I can have 3 bites of anything.
12. Protein, Produce & Fiber
13. Nothing tastes as good as being thin.

"I" Statements

1. I will start NOW.
2. I can do hard things.
3. I deserve to put myself first.
4. I'm different now.
5. What I really want is to be healthy.
6. I used to comfort myself by overeating, but I don't do that any more.
7. I will care later.
8. I'd rather be thinner.
9. I'm not that special.
10. I have not lost the will; I have just misplaced it.
11. Just because I can does not mean I should.
12. If I fail to plan, I plan to fail.
13. I will not give up what I want MOST for what I want NOW.

Everything

1. Just do it!
2. No excuses.
3. Specific, Measurable, Attainable, Realistic & Timely Goals
4. Say no choice, no choice, no choice.
5. Stop making excuses NOW.
6. Head Hunger
7. Heart Hunger
8. How do you get to Carnegie Hall? Practice, practice, practice.
9. Set guidelines, not rules.
10. Morning affects evening.
11. Learn to savor every bite.
12. Enrich my life today.
13. Embrace the gray.