



## CHOICES, THOUGHTS AND ATTITUDES

Your choices, thoughts and attitudes can quickly derail your efforts to lose weight, especially if they are negative. Therefore, you must understand your trigger points and how they derail your diet plans.

Choices, thoughts and attitudes can be improved with recognition. Slow down, evaluate your circumstances and learn how to appropriately respond to an action.

### Negative thoughts and what is going through your head

Negative thoughts are just that, they're negative and have no place in your life. Negative thoughts can hinder your ability to succeed.

If you dwell on negative thoughts, over time your mind will become accustomed to negative thinking which can crowd out positive thoughts. Reprogramming negative thoughts takes effort, but it can be done. First, you have to recognize the negative thought. Once you do that, you will be able to take action and replace the negative thought with a positive one.

- Start by listing at least five negative thoughts that you have towards yourself that may be preventing you from losing weight. (Example: I failed before; therefore, I can't lose the weight.) If you have more than five negative thoughts, continue to write them down. Once you have identified these negative thoughts, you will be able to begin reprogramming them to positive thoughts.

- 1.
- 2.
- 3.
- 4.
- 5.



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## Positive Thoughts

Staying positive and upbeat during the weight loss process is critical. Maintaining a positive attitude will enable you to make better choices which can lead to healthier habits and routines. Everything good in life starts with positive thinking.

- Name five positive thoughts you have towards yourself that will help you stay positive. (Example: I want to be healthy for my spouse and children.) If you have more than five reasons, continue to write them down.

- 1.
- 2.
- 3.
- 4.
- 5.

## Trigger Points

It is important to know your trigger points so that you will be more likely to recognize and prevent them from becoming a problem. Once identified, work towards eliminating your trigger points.

- Name at least ten trigger points that cause you to overeat. (Example: boredom, stress, negative thoughts, cravings, sight of food, etc.)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.



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- Name 15 unhealthy eating habits that you have. (Example: eating on the go, eating processed food, drinking soda etc.) If you have more than 15 reasons, keep writing them down.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.

- Do you stop and think about your food choice and the consequences of eating unhealthy food?
- Do you stop and ask yourself, is this the best choice or is there a better choice?
- Do you stop and think about whether the food you have selected is nourishing?
- Are you conscience of your thoughts or do you quickly make the decision and rush on?
- Do you stop and think about other food choices that would be just as satisfying but a more of a healthier choice?
- Do you plan your meals ahead of time?



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### Desire

**Do you have the desire to change?**

- Write down five desires that you have.

- 1.
- 2.
- 3.
- 4.
- 5.

Is being overweight keeping you from obtaining your desires?

What drives you to finish a task?

### Priorities

- Do you put other people's needs ahead of your health?
- List your top five priorities. Is losing weight a priority?

- 1.
- 2.
- 3.
- 4.
- 5.

### Self-Sabotaging

- Name five things that you might be doing that self-sabotages your weight-loss efforts.

- 1.
- 2.
- 3.
- 4.
- 5.

**Now that you have written down your answers. Take the time to write down one solution to each of the questions. Focus on positive ways to correct the problems.**