

Thinking for Successful Weight Loss

Many people who are successful with losing weight do so by shifting the way they think. Negative thinking can sabotage efforts. Positive thinking supports and rewards efforts. Take the first step toward successful weight loss by transforming negative thoughts into positive, productive ones.

The chart below provides examples of how you can move from negative thinking to productive thinking, and improve your chance for success. Put a check mark next to unrealistic or negative examples you find yourself saying. In the blank rows, write other obstacles you have and think of how you can turn these into opportunities. If you already think for success, put a check mark in the boxes in the third column that apply to you.

Examples of Unrealistic or Negative Thinking	Examples of Productive or Positive Thinking	Thinking that Encourages Sustained Weight Loss
<input type="checkbox"/> I'm looking for the quickest way to lose weight.	It took me ten years to gain this weight, so I shouldn't expect it to come off fast. I'm committed to keep working at it.	<input type="checkbox"/> Recognizing behavior change takes hard work and practice.
<input type="checkbox"/> I read about a new diet all of the celebrities are using right now. It must work, so I'm going to try it.	I will eat healthier foods, decrease my portion sizes, exercise daily, and track my progress.	<input type="checkbox"/> Using the proven ways of losing weight, such as limiting calories and getting regular exercise. Accept the healthy behaviors needed to lose weight are a part of staying healthy for life.
<input type="checkbox"/> I'm not happy with my weight, but losing weight is so much work. I don't know if it's worth it. I seem to lose a little then get off track when I mess up.	I know there will be some days that will be more challenging than others and that it won't happen overnight. Instead of beating myself up when I get off track, I will look at why I got off track and put a plan in place to keep me motivated.	<input type="checkbox"/> Willing to look at challenges and obstacles as learning opportunities. Instead of giving up, taking on problems one at a time and making a plan with a list of solutions for moving forward.
<input type="checkbox"/> I'm too busy! I barely have time to take care of my family, let alone myself.	I have a busy schedule, but it's important to make time for myself so I can be healthy enough to take care of my family.	<input type="checkbox"/> Maintaining a healthy interest for your own well-being and taking responsibility and action for your own self-care.
<input type="checkbox"/> What's wrong with me? My neighbor has the same busy schedule that I have and still manages to exercise and look great.	I know what's realistic for others may not be realistic for me. I need to find a good balance and what works best for me.	<input type="checkbox"/> Not comparing yourself with others. Realizing and accepting weight loss is an individual process and each person's journey is different.
<input type="checkbox"/> I can't exercise for 30 minutes a day, so I might as well not even start.	I'll start walking four days for 15 minutes at work this week and will add more time at night when I feel more energized.	<input type="checkbox"/> Understanding perfection does not equal success, and each small step or accomplishment is a win.
<input type="checkbox"/> I can't eat healthy at work. My co-workers make me feel guilty if I don't go out to lunch with them or participate in potlucks.	I can still socialize with my co-workers and stay on my plan. I'll bring healthy options for potlucks and have a salad when I go out to lunch.	<input type="checkbox"/> Believing you are in control of your own behavior and actions. Taking responsibility for the choices you make and what you do and don't do every day.
Other:		
Other:		