



Don't aim for perfection and forgive yourself!



Remember - you do not have to be perfect to lose weight!

If you have an “all or nothing” approach, you’re less likely to achieve your goals.

When you are too restrictive, you may find yourself saying “I had a hamburger and fries for lunch, so I might as well have pizza for dinner.” Instead, try to say, “I had a big lunch, so I should aim for a healthier dinner.”

Avoid beating yourself up when you make a mistake. Self-defeating thoughts will just hinder your motivation! Instead, forgive yourself. Remember that one mistake is not going to ruin your progress.

When you aim for perfection, you will quickly lose your motivation. By allowing yourself flexibility and forgiving yourself, you can stay motivated throughout your weight loss journey.