

## Engage in positive self-talk



Nobody can motivate you like you can. Your thoughts matter—the way you talk to yourself matters!

- If you miss a workout, don't berate yourself. Instead, say:  
*"It's okay, things come up. I will commit to exercising tomorrow instead."*
- If you eat a doughnut, be kind about it:  
*"I can enjoy unhealthy food now and then because I'm playing a long game."*
- Turn thoughts like *"This is too hard"* into:  
*"This is so challenging, but I know I'm up for the task."*
- Avoid saying things like *"I should work out today"* or *"I need to eat better today."*  
Instead, say: *"I want to work out (or eat healthy food) today so I can reach my goals."*