

Contemplation

Talk Down the Negative, part 1

Just like there are pros of trying to do healthy things, you will probably find that there are also cons. Sometimes the cons can become so strong that it seems like changing is too difficult. When we think about the cons too often, we can end up feeling mixed up, confused, or discouraged. To prevent this from happening, it helps to shrink our list of cons.



Below you will see some of the cons of trying to do healthy things. Take a look at these and select the ones that apply to you, or add some of your own:

- It might cost more money.
- It will take more effort.
- It may take me some time to get used to the changes.
- When I go out, I may not want to eat something healthy.
- I may be tempted to eat like I did before.
- My family or friends may influence me to eat bad.
- My body may feel weird or weak at first.
- I may start to think that I can't do this.
- I won't be able to eat late at night.
- I will have a hard time changing my habits.

What are Your "Cons"?



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