

Action

Believing in My Ability to Succeed, part 1

Believing in your ability to succeed is an important part of becoming a healthier you. There are obstacles that can get in the way of your goals, but it's important to be persistent and believe that you are able to succeed – despite the obstacles.

If you believe that you are able to succeed, when obstacles come up you will be more likely to work even harder. But if you're not sure that you are able to succeed – then those obstacles will seem bigger than they actually are and you may start to feel stressed and like giving up.

Below are a few steps that you can take that will help you become more confident that you are able to become a healthier you!

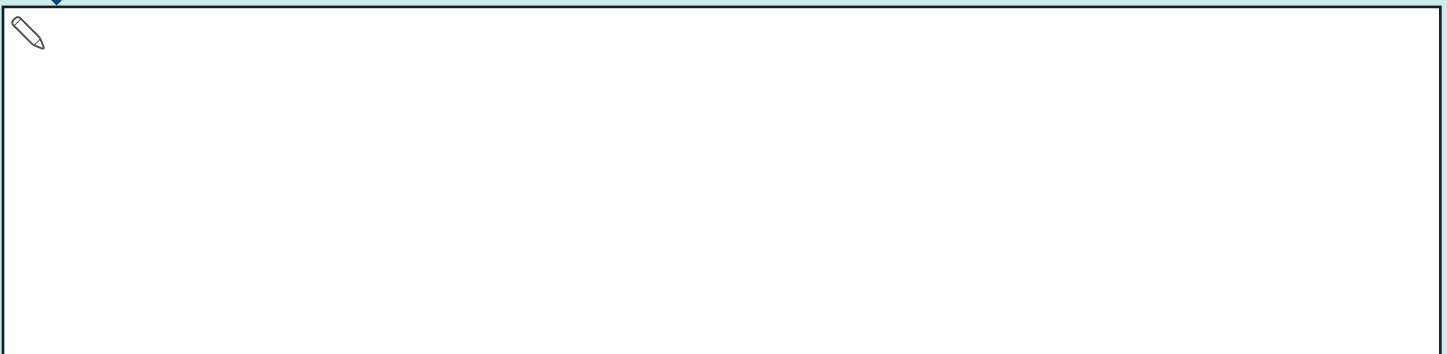
Think about what I have accomplished so far

Thinking about times when you have already been successful can help boost your confidence. Write down all of the things you have already started doing to become a healthier you: *Example: I've started drinking more water*



Think about other people who have changed to become healthier

We all have known of others who have succeeded at changing their behaviors to become healthier – these may be friends or family members that we know personally, or people that we have read about or seen on TV or online. List any examples of people who have been successful at becoming healthier:



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