

Action

Believing in My Ability to Succeed, part 2

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.

Seek encouragement and feedback

Just like it helps to think positively about yourself, it's also helpful when others encourage you! Sometimes this happens automatically without you asking, but other times you may find that you need to ask someone you trust to help encourage you to do healthy things! Below is a list of encouraging words, select the ones that you think would help you the most to hear:

If you feel like quitting, that means you are pushing yourself. Keep it up!

You should be proud of yourself!

Look at your improvement!

Your hard work is paying off!

Can you think of any?

Think about who can be your encourager and consider sharing this list with them!

On a scale of 1 to 10, with 10 being very confident, how confident are you that you are able to succeed at becoming a healthier you?



1 • 2 • 3 • 4 • 5 • 6 • 7 • 8 • 9 • 10

Not Confident

Very Confident

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