

Action

Positive Thinking

We all use “self-statements” – these are thoughts that we think or say to ourselves, about ourselves. For example, before you take a big test you might say or think to yourself “*Stay calm, I can do this!*”

Positive self-statements can help us to gain strength or confidence and they can help to boost our mood and self-esteem.

An important part of becoming a healthier you is to have positive thoughts about yourself and about your ability to achieve the goals you have set towards improving your health. Below is a list of positive self-statements. Select the ones that you think you could use most often:

Healthy Eating

- It's going to be worth it at the end!
- I choose to eat healthy for me because I love me!
- Eat better, look better!
- The better I eat, the better I feel!

Determination

- I believe in myself.
- I am successful!

Managing Emotions

- I do a good job at trying not to eat my feelings away.
- I am proud that I do not use food for comfort.

Who I Am

- I am strong!
- I am improving every day.

Physical Activity

- I am getting in the habit of exercise and its getting easier each day.
- I am committed to staying active!

Come up with your own:

For More Information visit: www.HealthyMeFlorida.com