Preparation

Talking Down the Negative, part 1

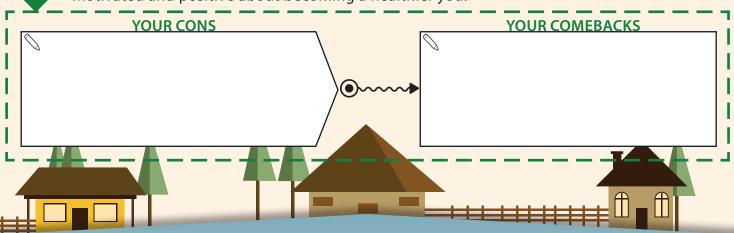
You may have already discovered that one way to start doing healthy things more often is to turn negative thoughts, or cons, about changing into more positive thoughts. Having more positive thoughts may help you feel motivated and ready to change. These new positive thoughts are like

"comebacks!" Below you will see lists of comebacks for cons about changing that frequently pop up. Take a look at the lists and decide which comebacks you can use or come up with a list of your own:



Turn Cons into Comebacks

Negative thoughts come up all the time; if this happens to you, don't feel bad – simply try to come up with a comeback. This will help you to stay motivated and positive about becoming a healthier you!



For More Information visit: www.HealthyMeFlorida.com



