

Stop Trying to Bully Yourself to Weight Loss With Negative Self Thoughts

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Exercise 1: List Positive Non-Weight- Related Thoughts

Think about your positive non-weight traits, things people compliment you about, skills, etc.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

Exercise 2: List Current Positive Weight-Related Thoughts

Think out of the Box.

Don't worry about negative thoughts now.

What do you have going for you with weight management?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

