

We've all been there, speeding down the fast line of the negativity highway.
You may have had a day where nothing seemed to go right.
Or maybe you've done everything according to plan, and the scale just won't budge.

It's easy to criticize yourself when things aren't going as you hoped.
But negative thoughts drain you of energy;
keeping you from being present and enjoying each day.

I am here to say:

Hit the brakes!
(In fact, get out of the car altogether.)

We're all human and we are all going to have a bad day once in a while.
Cut yourself some slack.

Here are a few simple ideas to help you get back on track
when you're caught in a downward dive:

- Smile. Paste a big 'ol cheesy grin on your face. It's a stress reliever and it feels good! And we all know it takes fewer muscles to smile than it does to frown.
- Surround yourself with positive encouragement. Our TOPS community is the perfect place to start—have you heard yourselves lately? You're downright inspiring! Reach out call or email a TOPS pal.
- Write your favorite positive quote down and tape it where you will see it every day. Better yet, tape one to your bathroom mirror, one to your refrigerator, one to your day planner and one to your computer monitor.
- List five things that you are grateful for right now. Force yourself to focus on the positive. Chances are the positive will outweigh the negative.

- Remember that no one is perfect and allow yourself to move forward. Sometimes we just need to call it a day and let ourselves move on. Give yourself permission to start fresh tomorrow.
- What are your tips and tricks to turn your negative day around for the better?
 - Sing! Out loud. Put on your favorite song or just belt it out a cappella. Singing is a lighthearted way to relieve stress and bring a smile to your face.

Work sheet

SMILE!

What TOPS pal can I call, or email?

What TOPS program can I design and present to my club?

Some favorite quotes:

Every choice you make has an end result.

Believe and act as if it were impossible to fail.

Stumbling is not falling.

There is no failure. Only feedback.

More quotes I like:

Five things I am grateful for

- 1
- 2
- 3
- 4
- 5

What are your tips and tricks to turn your negative day around for the better?

Give yourself permission to start fresh tomorrow.

*I _____ am an intelligent person, Today has been **A** day.
Tomorrow is a new day. I will start fresh in the morning, I am moving on.*

Lets sing! –

I LOVE MY TOPS CLUB
(Tune: You are My Sunshine)

I love my TOPS Club,
My friendly TOPS Club.
You give me courage as I slim down.
How glad I am friends,
That I found you.
You have turned my whole world around.

The other night, friends
As I went walking
I felt my TOPS club cheer me on.
When I got home, friends,
I was happy.
I smiled with joy and with pride.

My health is brimming,
My body slimming.
I know just what I need to do.
I come to TOPS Club,
Now all is changing,
It has turned my gray skies to blue.

I will always eat right
And drink my water
And I know you say the same
The pounds will leave me
One than another
I'll be a KOPS someday.

ON TOP OF SPAGHETTI

(Tune: "On Top of Spaghetti")

On top of spaghetti,
I put fat free cheese.
At one time I loathed it,
But now it's for me.
That cheese is so tasty,
As tasty can be.
You never would know that
It's completely fat free.
It's so full of flavor—
Like cheese filled with fat.
I will not go back to
Unhealthy stuff like that.
So now when I'm cooking,
I look to fat free.
I still enjoy flavor
And I'm a healthier me.

IF YOUR GONNA EAT IT WRITE IT DOWN

(If your happy and you know it)

If you think your going to eat it
write it down

If you think your going to eat it
write it down

If you don't want to write it
then don't you dare to bite it
just be glad you will not have to
write it down.

If you think your going to eat it
write it down

If you think your going to eat it
write it down

If you don't want to write it
then be strong enough to fight it
and you'll be a little thinner all around... all around.

