

SEVENTEEN WORDS THAT WILL NEVER FAIL YOU



ACCEPT ACT BELIEVE CARE CHANGE
CHOOSE FOCUS FORGIVE LISTEN PERSIST
PRAY PREPARE SMILE TRUST RELAX RISK WAIT

How can these seventeen little words help you with your weight loss program?
Here are some ideas...

ACCEPT the praise you get for a job well done. **ACT** like a thin person and you will become one. **BELIEVE** in yourself, you can do this. Take **CARE** of you. **CHANGE** old patterns and old beliefs. **CHOOSE** to exercise and eat right. **FOCUS** on what you want. **FORGIVE** yourself little slips. **LISTEN** to what you know is right. **PERSIST**, quitters never win and winners never quit. **PRAY** for help from your higher power, don't forget to say thank you. **PREPARE** for every situation. Put a **SMILE** on your face. **TRUST** your program and yourself. Take time to **RELAX** enjoy your journey. Take a **RISK**, start a new activity, try a new food. Good things come to those who **WAIT**.

Choose two to commit to this week to make your life a full fun place to live.

- Catch up with a friend or family member - make phone call, meet for coffee or go on a walk together.
- Set aside a little cash for a getaway over the weekend.
- Take 5-10 minutes to do a light meditation or quiet stretching before starting your day.
- Volunteer some time this week for a cause that is dear to your heart.
- Assess how you feel physically, mentally and emotionally and jot it down in a journal.
- Learn how to accept a compliment.
- Take a close look at your finances and make a budget for 2020.
- Instead of surfing the web, power down your laptop, phone or tablet, connect with your life outside.
- Learn a new skill. Study a new language, take a workshop, sign up for a cooking lesson...
- Plant something.
- Get to yoga class once this week.
- Wear sunscreen everyday. Keep an extra tube of sunblock in the car.
- Take a long walk with your loved ones (dogs count!) at least once this week.
- Back up your phone and computer on an external hard drive.
- Take a digital Sabbath one day this week.
- Kill the clutter. Go through 1 closet or bookcase and donate unwanted items to those in need.
- Lose the negativity. Write down one thing you love about yourself in a journal each day this week.
- Purchase one item of clothing that fits, flatters and makes you feel good.
- Write down 5 things you want to achieve this year and check in on your goals stay focused.
- Stop saving your china, silverware and favorite perfume for special occasions. Enjoy what you love today.