



## The Little Dieter that Could

Chug chug chug. Puff puff puff. The little dieter walked around the track. She was a happy little Dieter. Her life was full of good things for her to succeed. There were all kinds of tools in her weight loss belt. Weight loss friends and helpful family, even a helpful health care professional. There were all kinds of books. Books with words, books for her words, and even a tape with spoken words. There were bathing suits, tennis shoes and even a bike. There were places to go, people to see, games to play. The little dieter carried every kind of tool that she could need. But that was not all. The little dieter had good things to eat, too. Big, round oranges...fat, red apples...long, yellow bananas...fresh, lean protein... and vegies to eat with dinner. The little dieter was taking all these good things with her on her weight loss journey. "How happy I will feel at goal!" said the little dieter. "I will like the way I feel and look."

But all at once the weight loss came to a stop. The scale did not move at all. "Oh, dear," said the little dieter. "What can be the matter?" The little dieter worked her program to get the weight to drop again. She tried and tried. But her weight just would not drop.

"We can help," said her TOPS pals. The members all rallied around her for encouragement. They tried to give the little dieter fresh ideas. But the scale did not move. "We can help, too," said the KOPS. And they shared the knowledge of their journey. Still the scale did not move.

The TOPS and KOPS supported her every week always glad she came to the meeting. The Little dieter, knew she was an intelligent person, she controlled her emotions and did not let her emotions control her, every time she was tempted to use food to satisfy her frustrates desires, build up her injured ego or dull her senses she would remember, I will take off pounds sensibly. The little dieter just kept saying,

"I think I can lose this weight. I think I can. I think I can."

She journaled and she exercised. She drank water and she ate vegies. Puff puff, chug chug went the little dieter. "I think I can. I think I can," she said. Slowly, slowly, the scale started to move. The TOPS and KOPS began to smile and clap. Puff Puff, chug chug. Down to goal went the Little dieter. And all the time she kept saying, "I think I can, I think I can, I think I can..." Down, Down, Down. The little dieters weight went. At last she reached the goal. Down below lay all the weight she shed. "Hurray! Hurray!" cried the TOPS and KOPS. "Your body will be so happy," said the Doctor. "All because you never gave up." The Little dieter just smiled. As she stayed at her goal, the Little dieter seemed to say...

"I thought I could, I thought I could,  
I thought I could, I thought I could."

## “I think I can. I think I can.”

We all know the story of the little engine that could.

Mantras like this little train chanted can be helpful in reaching goals. Whether it's powering through a plateau to lose those last 10 pounds or pushing yourself to get through the last mile of that 5k, for fitness and weight loss, positive self-talk can be essential.

Before you can start thinking positive, you must clear away the negative clutter floating around your mind. Though you may not realize it, you have running conversations with yourself all the time. You think to yourself, this is too hard. I can't do it. Be realistic and will will see, how do you know that just because you haven't done something before, it's truly impossible?

Sometimes the awareness starts organically. It can be an “a-ha” moment that jolts people into reality. There's no magic formula that can make people see success, but if a doctor tells you you're on the path to diabetes or if you realize you can no longer fit into your favorite jeans, that might be the day you decide once and for all you can and will get healthy.

That positive self-talk is important. Try keeping a journal or ask yourself to list positive things about yourself. If that seems difficult, step outside the box. What would your mother or your best friend say about you? The important thing is to not let yourself run away with the negative thoughts in your head.

Match the mantra to the moment

Repeating positive mantras or sayings can help.

### When you do not feel like exercising

"Yesterday you said, 'tomorrow.'"

"Losing weight is a journey, not a destination."

"If it is to be, it's up to me."

"You can't make footprints in the sands of time if you're sitting down."

### While Grocery shopping

"You can't eat it if you don't have it."

"Eat good, feel good!"

"Nothing tastes as good as healthy feels."

"You can get that for Christmas."

### When you have a disappointing weigh in

"You didn't gain the weight overnight; you won't lose it overnight."

"If you trip down one stair, don't throw yourself down the whole flight."

"You only fail if you quit."

### When you're feeling down

"Shoot for progress, not perfection."

"It doesn't matter how slow you go, only that you do not stop."

"Weight loss isn't a sprint, it's a marathon."

"Take pride in how far you have come, have faith in how far you can go."

# Chances Of Success If You Say ...

"I won't!" 0%

"I can't!" 10%

"I don't know how." 20%

"I wish I could." 30%

"I want to." 40%

"I think I might." 50%

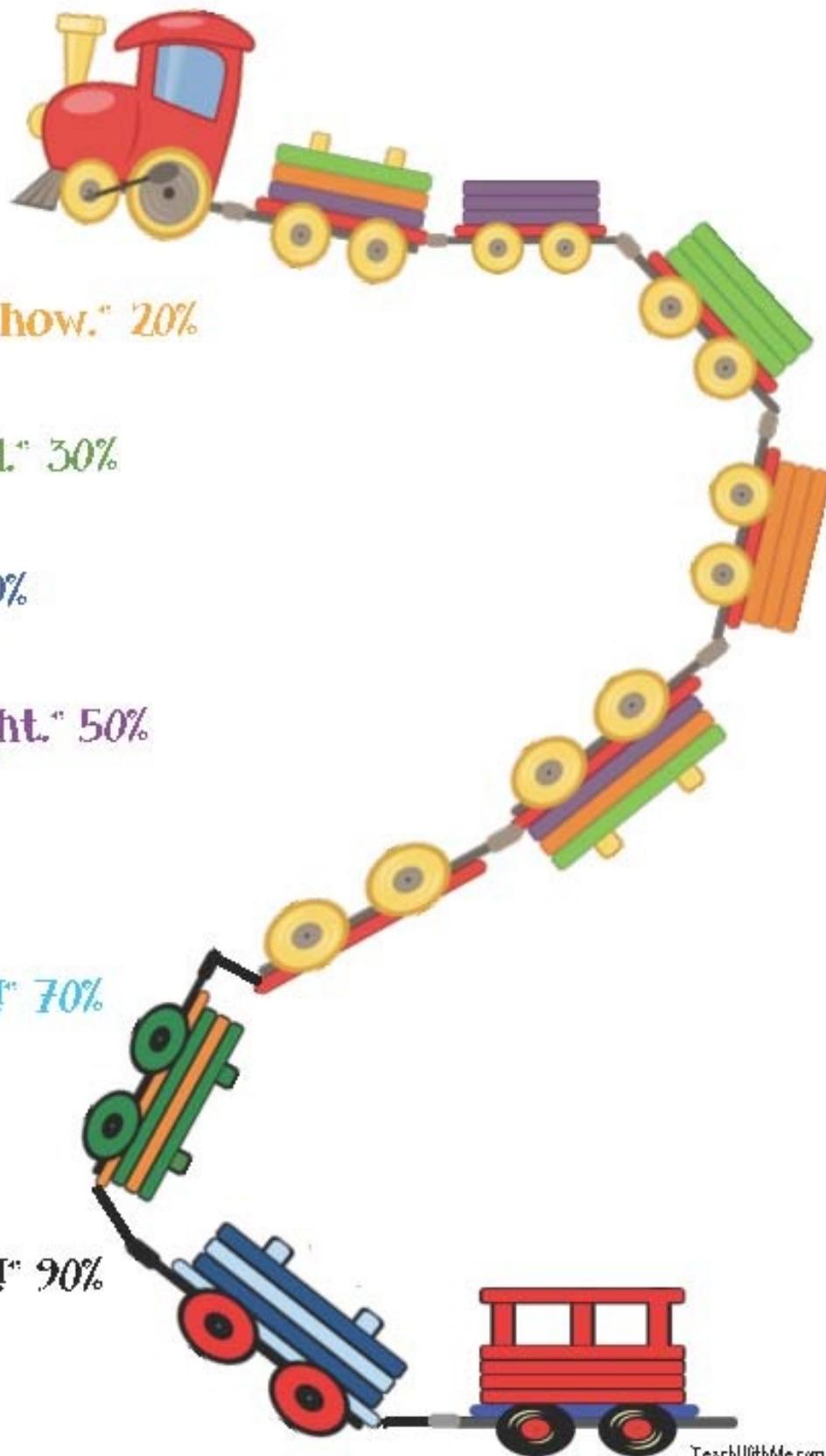
"I'll try." 60%

"I think I can!" 70%

"I will!" 80%

"I know I can!" 90%

"I can!" 100%



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could,  
I could."  
"I thought I could, I thought I  
I thought I could, I thought