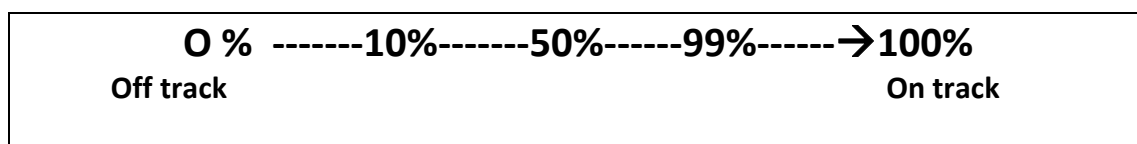


Motivation Tips

- No guilt is allowed, remember that every minute is a new minute!
- Forgive yourself if you make a mistake, and just get back on track the very next minute!
- Do not let yourself binge, slow down your eating, and enjoy it! You're going to eat it anyway so you might as well enjoy every second!



- Often when we diet we aim to be 100% on track, and when we make a mistake and find ourselves only 50% on track, we think we have failed, and so we give up, and think “stuff it”, and we go to being 0% on the diet. We say” I will start another diet next week”. Now we start binging, before we start the next diet.
- Think about it.....why give up and be 0% on the diet just because we made a mistake and were only able to be 50% on the diet. 50% is certainly better than 0%!
- Do not expect yourself to always be 100% on track!
- Never give up because you make a mistake!
- 1% on track is still better than zero!
- Each day will be different so just do your best and then don't worry about it!
- Expect that some days you will be 99% on your healthy eating weight loss program, some days you may only be 20%, as long as you are not 0% then you will always be on track.