



## The Power of Positive Thinking

Everyone has negative thoughts at times. But if left unchecked, those negative thoughts can lead to a downward spiral of overeating or inactivity. Do not fall into this cycle.

*My thought:* "I am tired of always having to eat vegetables. I can never eat what I want."

*The result:* I eat half a bag of potato chips.

*My next thought:* "I can't believe I did it again! I will never lose weight!"

*The result:* I feel discouraged and eat more.

When negative thoughts happen, catch them quickly and talk back with positive thoughts. The sooner I realize I am having a negative thought, the quicker I can get back on track.

### ***Katy's Story***

*Katy is at risk for heart disease. Her father had heart disease and she knows that by changing her eating and exercise habits, she can become healthier.*

*Katy has started walking around her neighborhood every morning and has not missed a day in two weeks. On Thursday morning, it is hot outside and Katy does not want to go for a walk. She looks at herself in the mirror and thinks, "What's the point? I haven't lost much weight anyway."*

*Katy quickly realizes that she is having a negative thought. She says to herself, "Stop being negative, if I keep exercising I will eventually lose the weight!" Katy knows there are other ways she could exercise without going outside. She decides to do a 30 minute workout video in her living room instead of going out for a walk.*

**What negative thoughts am I having?**

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**Am I saying “NO!” to these negative thoughts? How can I stop them?**

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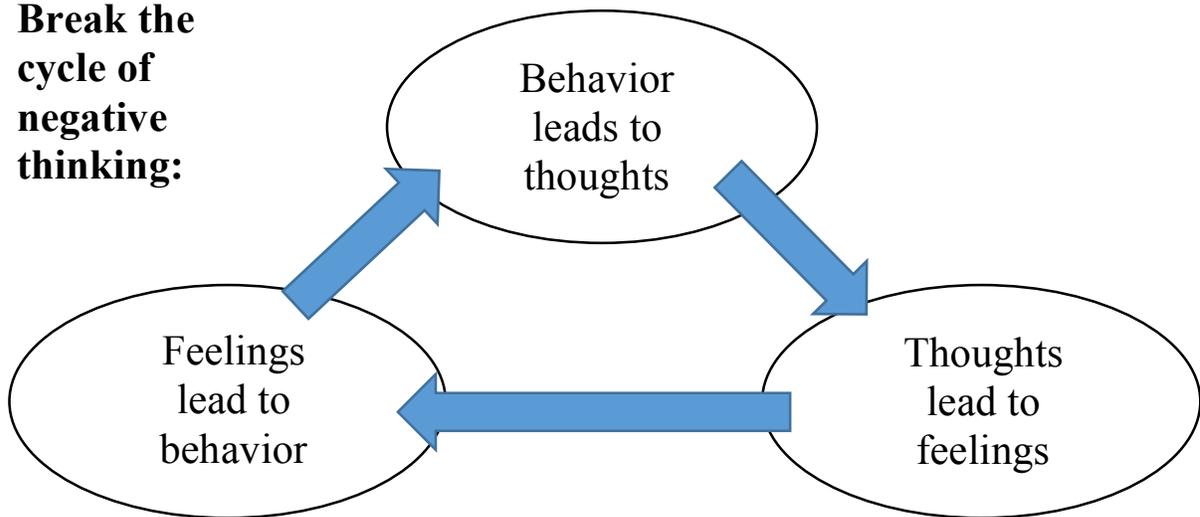
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**What positive thoughts can replace those negative ones?**

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**Break the cycle of negative thinking:**



**Positive affirmations can fuel changes:**

- I am blessed with what I have!
- I have all the energy I need!
- I have love, joy and happiness throughout each day!
- Yes, I Can!

**What affirmations can I use throughout the day?**

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## Ways to Think Positively

Type of negative thought	Instead of these thoughts	Practice these positive thoughts
Thinking healthy eating and exercise are too hard to fit in my life	I can never eat French fries again	<ul style="list-style-type: none"> <li>• I will only have French fries once a week</li> <li>• If I order French fries, I will order a small</li> </ul>
	Exercise isn't fun	<ul style="list-style-type: none"> <li>• I will find an exercise I enjoy</li> <li>• I will focus on the benefits of physical activity</li> </ul>
Blaming other people or situations for my problems	It's raining outside so I won't walk today	<ul style="list-style-type: none"> <li>• I will find exercises that I can do indoors</li> </ul>
	My husband doesn't want to eat vegetables so I can't eat healthy	<ul style="list-style-type: none"> <li>• I will make vegetables for myself</li> <li>• I will try to find recipes that both of us can enjoy</li> </ul>
Focusing only on the negative things	I don't have anyone to support me while trying to be healthy	<ul style="list-style-type: none"> <li>• My friend Elaine is trying to eat healthy too; she will be supportive</li> <li>• I will ask my family and friends for more support</li> </ul>
	I didn't eat enough fruit this week, I probably gained weight	<ul style="list-style-type: none"> <li>• I ate fruit 5 days this week</li> <li>• I will keep a variety of fruits at home next week</li> </ul>
Calling myself names	I'm pathetic	<ul style="list-style-type: none"> <li>• I can walk a mile now without getting tired</li> <li>• I love myself and all the great changes I've made</li> </ul>
	I'm a terrible cook	<ul style="list-style-type: none"> <li>• My kids said the food I made last night was really good</li> <li>• I will try new recipes</li> </ul>
Comparing myself to others	I exercise more than Clayton, but still can't lose weight	<ul style="list-style-type: none"> <li>• I will ask Clayton for tips on exercising</li> <li>• I am so proud of the changes I have made to be more active</li> </ul>
	Rachel is able to walk two miles and I can't walk one	<ul style="list-style-type: none"> <li>• I will eventually be able to walk further</li> <li>• I will make time for strength training</li> </ul>
Always assuming the worst	I might hurt myself while exercising and then I won't be able to lose weight	<ul style="list-style-type: none"> <li>• I will find safe exercises that I am able to do</li> <li>• I will be sure to stretch before and after exercising to avoid injury</li> </ul>
	My grandparents had heart disease; I'm sure I'll have it too	<ul style="list-style-type: none"> <li>• I will do my best to live a healthy lifestyle and stay positive</li> <li>• I will ask my doctor about ways to prevent heart disease</li> </ul>