Celebrate Small Successes

It is important to remind myself how far I have come. Small changes can lead to a big reward. Even if my weight loss is not where I want it to be, I have made improvements in my health. I can celebrate small successes:

• Eating non-starchy vegetables each day
• Being more physically active
• Making healthier choices when eating out
• Planning my meals at least 5 times a week
• Trying to get dairy at least once a day

What small success am I most proud of?

__________________________________________________________________

__________________________________________________________________