

Energizing Mind Makeover!

Get savvy about upgrading your thoughts. Negative thoughts can cause an energy drain as much or more than poor food choices. Think of positive thoughts as positive fuel for your brain! And when your brain is energized, your whole body will be bathed in a positive glow and you are much less likely to be thrown off track.

Here are a few mind/energy-boosting thought swaps that will help keep you motivated, inspired, and ready to face any obstacle that comes your way.

Choose thoughts that *heal* your power, not *steal* your power!

Instead of thinking. . .	Which . . .	Energize Your Mind with This Thought Instead...
<p>"I'm so fat"</p>	<p>Makes you feel bad, (draining). There is a part of the brain that believes what we tell it and it will do what it can to make sure it stays true.</p>	<p>"Every day I'm taking steps to make myself healthier."</p>
<p>"Ugh, I have to start my diet... again!"</p>	<p>Puts you into "all or nothing" mode which is depressing, restrictive and defeatist. (We prefer you to ditch the word DIE-IT altogether!!)</p>	<p>"I eat healthier most of the time as a way to take care of myself. Healthier eating delivers nourishment to my cells and brings me energy and vitality"</p>
<p>"I hate my... [stomach, butt, thighs]."</p>	<p>Again, sends negative signals to the brain.</p>	<p>"I am grateful for this amazing body that carries me around all day and has the ability to heal."</p>
<p>"I don't have time to exercise, eat healthy and take care of myself."</p>	<p>Makes you feel overwhelmed, paralyzed and down on yourself.</p>	<p>"I take time for myself and my health. It's okay to say no to other obligations more often."</p>

Makeover: Trade in one of your negative thoughts with an upgraded positive thought. Take note of how you feel.

Upgraded Thoughts:

Noticeable changes
(energy, alertness, decreased cravings)
