

MIND YOUR HEAD



Change Your Behavior Today!

I do not want to be the person I am (fat, sick, medication dependent, lethargic, incapacitated, etc.). I want my health and personal appearance back.

1. Recognize that you are worth the effort--you deserve the best life possible.
2. Make a list of personal reasons you want to change.
3. Remove obstacles to change--like avoiding friends and family who sabotage you and removing junk food from your surroundings.
4. Surround yourself with healthy foods--stock your kitchen right, find an accommodating restaurant.

5. Commit yourself to change--pick the specific day and do it.
6. Gather all your strength--everything else in your life must be secondary to this effort.
7. Never give in to the old ways--not even once. But, if you make a mistake--it's only one meal (if it is food) --start right in again.
8. Tell others about your changes--they will help keep you on track.
9. Associate with like-minded people--find friends with good habits.
10. Appreciate your success for beating the most powerful enemies in your life.

