

# Guiding Thoughts and Images

**For behavior change, one or two specific positive thoughts or mental images can help guide you. Ask yourself:**

- What are your “**guiding thoughts**” and “**guiding images**?”
- What personal thoughts and images motivate you to lose weight?



Use these thoughts and mental images to truly guide you through your weight control efforts. Think about them often!

## Examples of guiding thoughts:

- “I want to live to see my grandchildren grow up.”
- “I will feel much better when some of this weight is gone.”
- “I am worth the effort. I am going to do it!”
- “I CAN do this!”



## Examples of guiding images:

- I picture myself as a much healthier and happier person.
- I picture myself surrounded by my children and grandchildren.
- I see myself walking regularly, feeling good, and moving easily.
- I see myself feeling really proud of what I have accomplished.

