

Commitment

Sometimes we have trouble keeping committed to lose weight.

Lurking out there are cinnamon rolls, candy, donuts, cookie shops, McDonalds, Wendy's, & Taco Bell to list just a few. Everywhere you go, you are offered food.

Some of you are NOT tempted once you make a commitment to lose weight, but others may have their lives under complete control EXCEPT for food, and you may have a difficult time maintaining your commitment. To help you remain committed, you should select a goal that is VERY IMPORTANT TO YOU. Losing weight for a special event, for your (?) birthday, anniversary, reunion, for an outfit you can't get on, to not look fat in the Wedding pictures.

To succeed in losing weight and in keeping it off it is essential to maintain your commitment. It is important to surround yourself with positive people who will encourage you.

3 BASIC WAYS TO KEEP COMMITTED

Mental (you decide that you want to lose weight)

Written (put your weight loss goals in writing (use the Goal Planner on the web site) (You've heard the old saying that a picture is worth a thousand words.) Your written commitment is that picture.

Tell your Friends

This is the most powerful aid to keeping committed. Ask your friends and family for their help, support and encouragement. Ask your friends and family to follow the following 3 simple rules:

1. Don't tempt you to eat.
2. Don't criticise you if you have a "bad day". Don't say "is that on your diet?"
3. Give you lots of encouragement and praise when you lose weight.

It is important to your success that YOU follow these rules also.

Don't tempt yourself. How do we do that?

By saying, "I'll just have a little bit", when you know this is your favorite food and you will eat too much. By bringing home your favorite food.

Don't be overly critical of yourself.

Just because you made one little slip doesn't have to mean the end of the diet and that you are the worst person in the world. Start from there and begin again.

NO ONE IS PERFECT!!

Give yourself a pat on the back and tell yourself you are doing great.

Give yourself small rewards for losing weight. (not food)