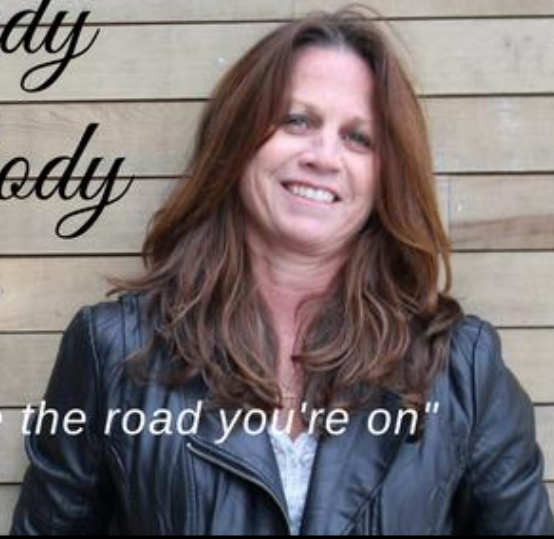


Healthy Mindy Healthy Body



"Its never too late to change the road you're on"

patriciaeducate.com

NEGATIVE SELF TALK

I will never be good at this
I will never be successful
I never have enough money
I'm too old
I'm too young
I can't figure this out
This is a hopeless situation
Nobody cares
I never move forward
I can't follow any diet
This always happens to me
I can't get ahead
Everyone else wins but me
I'm sick of trying
My life sucks
Nothing ever changes

REPLACE WITH "I AM" STATEMENTS

I AM getting better at this everyday
I AM becoming a huge Success
I AM always attracting money to me
I AM the perfect age for this
I AM never too young
I AM going to figure this out
I AM never in a hopeless situation
I AM certain people care about me
I AM always moving forward
I AM on the right track with my health plan
I AM constantly making things better
I AM consistently getting ahead
I AM a winner
I AM never going to quit
I AM now loving my life
I AM making lasting change

MAKE YOU OWN NEGATIVE AND REPLACEMENT STATEMENTS
