



Weight Loss Success Starts with Your Mind...Not Your Mouth™

Lies Worksheet.

Use this to worksheet to identify lies you have learned about your body, weight loss, health, dieting, etc, and how to reword them into positive affirmation.

Identify the Lie Reword it into a Positive

I crave sugar	My body craves food that nourish and fuel it
I can't lose weight	I am open to the possibility that I can lose weight
My parents were fat so I will be, too	I have the ability to change my life and my body no matter what my parents' experience was
I can't eat my favorite foods and be slender	I can eat any foods I want and achieve and maintain my ideal weight