

When you complete this module, you will be able to:

- Identify how negative thinking impacts motivation
- Learn how to Flip the Script
- Design a daily checklist to create healthy habits

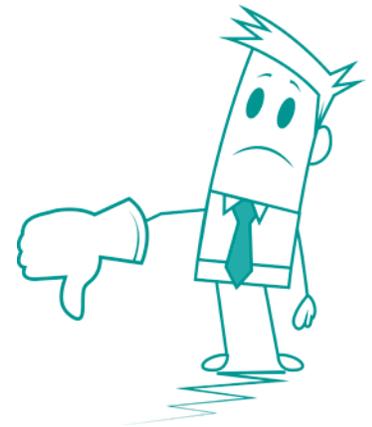
The importance of motivation cannot be over-emphasized. Motivation is the process that initiates, guides and maintains goal-oriented behaviors. When you decided to join New Direction, you were motivated, but how is your motivation level today? If you are struggling with motivation, the problem and solution lies within your thinking.

What Are You Thinking?

When you think about exercising, losing weight or staying on your eating program, you may also think about how difficult these things are. These are negative thoughts which sabotage your motivation, making it difficult to take action and achieve results. Examples of negative thoughts include:

- I don't have time to exercise
- I can't follow this eating plan
- I'm too tired to exercise
- I won't be successful

These are negative thoughts, not reality. For example, if you tell yourself that you don't have time to exercise; ask yourself, "is this true?" What are you doing at 5 am? Sleeping? So you have time, but you are choosing to sleep instead. Write down negative thoughts that tell you that you can't do something.



Flip the Script

Once you have written your list of negative thoughts, flip the script. Flipping the script is a technique that helps to identify and change negative thinking. Look at each negative thought you wrote above, and think about how you can change it into a positive. For example:

- This eating plan is simple and I can and will follow this plan.
- I am tired, but not exhausted. I do have the energy, and I know I will feel better after I exercise.
- I will be successful with this weight loss effort. I have the tools to be successful.

Post these positive affirmations in a location that you will see on a daily basis.

