Choose the behavior…
Accept the outcome

Choose the outcome…
Accept the behavior

Keep doing what I’m doing.

Stay where I am.

Change what I’ve been doing.

Go somewhere else.
Choose the behavior…
Accept the outcome

Choose the outcome…
Accept the behavior

Sedentary lifestyle. Eat whatever and whenever I want.

Unhealthy weight.

Healthy weight.

Eat sensible portions of healthy foods and get at least 30 minutes of exercise every day.
Start

Define the Vision/Goal

Am I willing to change my lifestyle permanently to achieve and maintain this vision/goal?

Yes

Develop a plan to get there.

No

What’s it worth to you?
Accentuate the Positive!

Start

Weigh myself

Compare to yesterday

Is it less? No

Is it the same? No

Is it more? Yes

WOOHOO!

KEEP GOING!

Think about why.
Nike is right!

Start

Do I want to exercise today?

Yes

DO IT!

No