



## The Action Points

1. **Envision the journey:** Start envisioning the goals you have about your health and your weight as a journey that takes time. Avoid making your goals too time specific, but instead start using words that reinforce that you are on a journey on which you will always take care of yourself by using the new skills, habits, and mindset you are creating.
2. **Celebrate small steps:** Begin reinforcing the behaviors that move you toward success by celebrating them. You can congratulate yourself, do a little physical affirmation, or track these steps of progress. The important thing is to highlight the positive movement forward and let yourself feel good about your effort, rather than become discouraged when you do not see the desired results yet.