



Wellness

Think Your Way to a Positive Attitude

You're late for your morning meeting but just about to reach your exit. Suddenly, a car shoots across three lanes of traffic to cut you off. You lean on the horn and want to scream, but it's too late anyway; you've missed your exit and are stuck in stop-and-go traffic.

You reach over and grab a chocolate donut from the box you were taking to the meeting. Chocolate usually lightens your mood. But after finishing the snack, you panic. "I shouldn't have eaten the whole thing! Now I'm off my diet. I can't do anything right!"

Do these thoughts sound familiar? Your thoughts are very powerful and are connected to your success in losing weight, achieving other goals and improving your quality of life. A positive attitude can actually improve your situation while a negative attitude may worsen it.

It may seem as if your feelings control your thoughts, but actually the opposite is true: your thoughts control your feelings. And since you can control your thoughts, you can teach yourself optimism.

5 GREAT WAYS TO THINK YOUR WAY TO A POSITIVE ATTITUDE

Use motivating self-talk: Motivating self-talk can enhance progress. With a little practice, you can change de-motivating thoughts into motivating ones. Instead of thinking, "I don't feel like exercising," think, "I'm going to feel great after this workout!" Focus on how you will feel after you exercise instead of how you feel before.

Remember past success: If sticking to a diet seems impossible, think about what you have already accomplished. Making a list of your successes will remind you that you can do it!

View setbacks as learning experiences, not failure: Instead of feeling depressed when you slip up, focus on what you will do differently next time.

Set small goals: Work toward small goals so that you can see success right away and build confidence. For example, walking instead of snacking when stressed is a small, yet valuable, goal.

Plan ahead: If you plan ahead, all you have to do is stick to your plan. Deciding in the moment makes it too easy to change your mind.

At first, consciously trying to think positively may not feel natural. But after three weeks or so, you will be more comfortable doing so and will start to see the results. Try it today; you can do it! As Henry Ford once said, "Whether you think that you can, or that you can't, you are usually right."

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Reviewer: M. Bollini

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