

Personal Pride and Confidence

Strengthen Self-Esteem	
<p>Now that you have achieved your best body weight, you may still need to strengthen your self-esteem in order to continue to be successful at weight maintenance. Your self-esteem is a reflection of your personality traits—life experiences, body image, and how you think others view you.</p> <p>Take some time to appreciate and value your positive qualities. The areas listed below can help you form a well-rounded view. Write four positive affirmations in each category.</p>	
Performance at Daily Tasks in Life (Example: I am always on time.)	
1.	3.
2.	4.
Work or Skills (Example: My colleagues can count on me to get the job done.)	
1.	3.
2.	4.
Personal Appearance (Example: I have beautiful red hair.)	
1.	3.
2.	4.
Relationships (Example: I am a loving spouse.)	
1.	3.
2.	4.
Personality (Example: I have a great sense of humor.)	
1.	3.
2.	4.
<p>You now can see past the faults you tend to focus on and emphasize some of your many great attributes. Select a meaningful affirmation, perhaps one from this worksheet each day and write it on your food record.</p>	

Better Body Image
<p>You are more than what you weigh. Be proud of the changes you have made in your body. Yet, you may still find you are critical of your body, even at your goal weight. In order to befriend your body, <i>defend yourself against the faulty and critical thinking that erodes your self-image.</i></p> <p>Do you use any of these hurtful thought processes?</p> <ul style="list-style-type: none"> ★ Blame Game: You blame your appearance for your problems. ★ Magnifying Glass: You see your body in a negative light and dwell on your body's imperfections, focusing on features you dislike, magnifying their importance. ★ Comparing: You covet another person's physical beauty or unfairly compare yourself to a media model.

Silence The Inner Critic

In the next week, try to look at your body in a more realistic way, remembering the above faulty thinking traps and say to yourself one of the following:

- ★ "I am more than how I look."
- ★ "I appreciate my healthy body for carrying me through this day."
- ★ "I don't have to be perfect to be wonderful!"
- ★ **Your own affirmation:**

Drawing Yourself Out (Optional take home assignment)

Think about a time when you were at your best and let's think about what made that time special. It might have been a time when you felt great, smiled in surprise, or were most happy with your actions and/or ability. What comes to mind?

Take a look through old or recent photos, keeping that image in your mind. Attach or draw a picture below that best represents you at that time:

What were you doing and how did it feel?

What and who supported you in this activity? Did it happen on a regular basis?

What was "the best part"? What did you value most about others and yourself?

What thoughts can help you remember this feeling and stay committed to your current goals?