

Thought flipping

Are your negative thoughts holding you back?

Have you ever heard the expression positivity breeds positivity? Unfortunately this works both ways. If you think negatively about something you are unlikely to reap a positive outcome. When it comes to health and fitness a lot of people have a lot of negative thoughts. A good way to get these negative thoughts working for us instead of against us, is to challenge them.

Consider some of the negative thoughts you have about exercising, eating a healthy diet or any other health related pursuit. Write these down in the first box then use the next box to challenge these thoughts.

Negative Thoughts	Challenging and Flipping Thoughts
If I try again I'll end up quitting like I always do.	<i>So I'm not perfect. That makes me normal, not a failure. There are things I'm good at and things I'm not so good at. Like I've done in the past though I can learn to be good at this and even succeed. It's up to me.</i>
I'm unfit & unattractive & there's nothing I can do about it.	<i>I've managed to overcome much more difficult problems than getting fit in the past. If this is important enough to me then I can do it! It's up to me. I'm sure if I started exercising I'd also feel better about myself as well.</i>

NOTE: Keep on top of your negative thoughts by constantly reminding yourself of the positive thoughts you can think to replace them. Challenge yourself to flip your negative thoughts each time you have them, and get in the habit of being positive.