

REFRAME

The only rule is for your reframe to feel good and to feel legit. (your brain can tell if you are trying to fib to yourself!)

Example:

You hear yourself say: "My whole family is overweight so of course I am too"

Reframe: Even though many in my family are high weight, I want to help myself be as healthy as I can be- not by focusing on my weight but by focusing on taking good care of myself. I like the idea of feeling like I have energy, like I am resilient, like I can rely on myself!"

Discussion: it's a subtle shift here-and taking good care may (and probably does) mean some lifestyle changes, but the focus is on obtaining what you **desire**, not bashing yourself or depriving yourself. Notice your energy with your reframe, keep tweaking if you need to till it feels *good*!

Example:

You hear yourself say: I have NEVER liked exercising, I'm allergic to it!

Reframe: I have never liked exercising BUT I do like the thought of feeling and looking fit, being able to move comfortably and safely as I get older. I just haven't found what I like to do YET, but I am open to trying new things to find something I like or starting simply to just get myself MOVING.

Practice this-have some fun with it! Notice your thoughts and stories and reframe! You can journal these if you like-then you can notice the mindset shift over time!

Thought /date

Reframe

Notes:

Thought/date

Reframe

Notes:

Thought/date

Reframe

Notes:

Thought/date

Reframe

Notes:

Thought/date

Reframe

Notes:

Thought/date

Reframe

Notes:

Thought/date

Reframe

Notes:

Thought/date

Reframe

Notes:

Thought/date

Reframe

Notes:

Thought/date

Reframe

Notes: