

Printable Reminders

Stick them on your credit card, your junk-food drawer, your computer monitor, your lunchbox...wherever you need a nudge in the right direction. Pick the ones that work for you, or write in your own (blank rectangles are included at the bottom).

What choice will I be proud of later?

Will this help me reach my goals?

Will this make me feel awesome?

STOP

The price of this food is 10 minutes of journaling about how you feel.

Set a timer. If you still want the food after that, it will still be here.

STOP

The price of this food is a brisk walk around the block to clear your head.

Put your shoes on. If you still want the food after that, it will still be here.

How can I show respect for myself?

Just go do your warm-up.

Once you finish your warm-up, you have full permission to come right back whenever you want.

You are strong.

Act like it.

You are too good for junk food.

**Your body deserves love and nourishment
whether it's thin or not.**

Is this really special?

Food is not your friend.

If you need love, comfort, sympathy, or
entertainment, look somewhere else.

Blanks

Fill in your own inspiration, motivation, or reminders.

