

“Midway on our life’s journey, I found myself  
In dark woods, the right road lost.”

--Dante’s *Inferno*

# CARDS

for the Right Road

I  
deserve  
to put  
myself  
first.

**Exercise  
no matter  
what**

If I don’t feel like  
exercising,  
remember:  
5 minutes is better  
than 0 minutes.

**Give  
myself  
credit**  
I deserve credit  
**EVERY TIME**  
I exercise.  
I deserve credit  
**EVERY TIME**  
I stick to my plan.

**Eat  
mindfully**  
I need  
to eat slowly and  
mindfully  
while  
sitting down –  
**EVERY  
SINGLE TIME**

**Put  
dieting  
first**  
I have to plan  
my life around  
exercise and dieting  
activities,  
not vice versa.

**It’s okay  
to  
disappoint  
people**  
I’m entitled to do  
what I have to do  
to lose weight,  
as long as I am  
nicely assertive.

**Say NO  
CHOICE.**  
**NO CHOICE  
NO CHOICE  
NO CHOICE  
NO CHOICE  
NO CHOICE  
NO CHOICE**

**Say no  
to extra  
food**  
Get rid of  
extra food.  
It’ll be wasted  
in the trash can or  
in my body.  
Either way,  
it’s wasted.

**I’d  
rather be  
thinner.**  
Being thinner is  
SO much more  
important to me  
than eating  
this food.

The hardest part is getting started; then it gets easier.

**Tolerate it!**

**Can't have it both ways.**

I can be loose with my eating or I can be thinner. I can't be both.

**Hunger & cravings aren't emergencies.**

I can tolerate them. They're mild compared to the pain in my knees, a stroke, or being left out of life! I'm going to eat again in 4 hours anyway.

**Do NOT sabotage yourself with doubt.**

If I'm hungry after a meal, **Don't worry!**

It may take 20 minutes to feel full.

**Protein Produce & Fiber**

**No excuses**

Just because I want to eat, doesn't mean I should.

The only reason I can eat whatever I want is because I want to eat what I should. **THAT** accomplishes my goals.

**Resistance habit**

EVERY TIME I eat something I'm not supposed to, I strengthen my *giving-in* habit. EVERY TIME I don't give in, I strengthen my *resistance* habit.

**If I fail to plan, I plan to fail.**

**It's  
not  
okay!**

**It's NOT OKAY  
to eat this.  
I'm going  
to be  
very sorry  
IF  
I do.**

**Enrich  
my life  
today.**

**I need  
to work toward  
developing  
a rich and  
rewarding  
life  
right now.**

**One of  
the main  
causes  
of failure  
is giving up  
what you want  
MOST for  
what you want  
NOW.**

**Success  
is the sum  
of small  
efforts  
repeated  
day in  
and  
day out.**

**Be  
realistic.**

**I shouldn't  
expect  
to lose weight  
every  
single week.**

**Cravings  
aren't  
needs.  
They are  
just  
feelings.**

**JUST  
DO  
IT!**

**Rewards  
I deserve for  
eating well:**

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**Have good  
reasons to  
stay on track:**

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**Distraction  
techniques.**

**When I want to eat  
something I  
shouldn't, do these  
things instead:**

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**I will  
care  
later.**

**I may not care  
right now,  
but  
I will care  
a LOT  
when I get  
on the scale.**

**Get back  
on track**

**If I eat something  
I shouldn't have,  
I haven't blown it.  
It's not the end  
of the world.  
It's just a mistake.  
Get back on track  
this minute!  
Don't keep on  
eating!**

**Celebrate!**

**I should  
celebrate  
each  
half-pound loss  
And  
every  
single fraction  
of an inch!**

**Oh,  
well...**

**I don't like this,  
but I'm going  
to accept it  
and move on.**

**Don't  
comfort  
myself  
with food**

**If I'm upset,  
don't eat  
to seek comfort.  
It won't solve  
the problem, and  
I'll just feel worse.**

**Do it  
anyway**

**Even if I don't feel  
like using a diet skill,  
I have to do it  
anyway.  
If I do only what  
I feel like doing,  
I won't be able  
to lose weight and  
to keep it off.**

**I used  
to comfort  
myself by  
overeating  
BUT  
I don't do  
that  
anymore.**

**You have  
not lost  
the will,  
you  
have just  
misplaced  
it...😊**

**SMART  
Goals:  
Specific,  
Measurable,  
Attainable,  
Realistic &  
Timely**

**Advice  
to a friend.**

**If my best friend  
were discouraged,  
disappointed, or  
dismayed,  
what would I tell  
him/her?**

**Stop  
making  
excuses  
NOW.**

**Don't let  
my feelings  
get all  
mixed up  
in what  
I need to  
just DO.**

**DENIAL**

is  
Don't  
Even  
kNow  
I  
Am  
Lying  
(to myself).

**Just  
because  
I can  
does not  
mean  
I should.**

**Don't  
comfort  
myself  
with food**

If I'm upset,  
don't eat  
to seek comfort.  
It won't solve  
the problem, and  
I'll just feel worse.

**Nothing  
tastes  
as good  
as being  
thin.**

**Food  
IS  
the  
consolation  
prize.**

**I need it.**

No, you don't.  
What you  
really need is  
to weigh less  
and  
to feel better  
about yourself.

**I really  
want this.**

No, what you  
really want  
is  
to be  
thinner.

**I don't  
eat crap.**

**PERIOD.**

**End  
of story.**

**Move on.**

**Set  
guidelines,  
not  
rules.**

**Does this  
choice help  
make me  
stronger?**

Does this choice  
get me  
to my goals, or  
keep me from  
reaching them?

**I don't  
eat food  
just  
because  
it's there.**

**How do  
you get to  
Carnegie  
Hall?**

PRACTICE  
PRACTICE  
PRACTICE  
PRACTICE

**Eating  
well  
is a  
reward  
I give  
myself.**

**Learn  
to savor  
every  
bite.**

**If not  
food,  
then  
what?**

**Just do  
something;  
then  
you're  
started.**

**I used to  
be that  
way, but  
now I'm  
different.**

**Embrace  
the gray.**

Discover  
healing  
rituals.

Small Bites  
Small Bites  
Small Bites

CHEW  
CHEW  
CHEW

I'm not  
that  
special.  
Since the band  
works for others,  
the band  
will work  
for ME.

Is this  
hunger,  
or  
a desire  
to eat?

HEAD  
HUNGER

Morning  
Affects  
Evening

Throw  
some  
food  
away.

3  
I can have  
3 bites of  
anything.  
3

I  
CAN  
DO  
HARD  
THINGS

HEART  
HUNGER