

SIX MILES TO SUPPER

Non-scale Victories

It's important to focus on the non-scale victories you're achieving on the weight loss journey. Remember, this is about creating permanent lifestyle change. If you're feeling discouraged, look at the list below, and ask yourself if any of the following apply to you today. If not, find something on the list that you can do, and get yourself a victory!

I stuck with my plan.

I weighed today.

I wanted to stress eat, but didn't.

I hit my step goal.

I had a hard conversation.

I stopped eating when I felt full.

I put up a needed boundary.

I learned something new.

I feel more confident.

I feel more comfortable in my own skin.

I got stronger.

I kept with my kids better.

I improved my mind.

My jeans are fitting looser.

I can get up and down easier.

I don't feel winded when I climb stairs.

I feel less stressed.

I worked out.

I felt grateful for my body.

I can breathe easier.

I created something.

I talked to myself in a kind way.

I have less joint pain.

My overall health has improved.

I have better energy levels.

I performed an act of self-care.

My mental health has improved.

I am sleeping better.

Add your own below: