

# SIX MILES *To Supper*



## How To Give Yourself A Convincing Pep Talk

### Step #1: Realize you need one.

You obviously need a pep talk when you're crying and you're literally saying, "I should just quit." But many times the cues are more subtle. Pay attention to signs you're slowly giving up: breaking your fast early, not doing the plan, overeating, stress eating, skipping weigh-ins, and "forgetting" to track your weight.

### Step #2: Get clarity on the problem.

There are three main reasons you'll need a pep talk: fear, frustration, and lack of faith. You need to figure out precisely what the problem is. Asking yourself questions can help if you feel like it's a mystery.

- What am I afraid of?
- What am I upset about?
- Do I believe I can do this?

Jot down your answers, draw a cartoon that shows the problem, or just say it out loud. Be specific! If you're having trouble, try going for a nice long walk with nothing to distract you. (No listening to music, watching videos, or podcasts. Just be with your thoughts.)

### Step #3: Do a reality check.

Now that you're clear on the feelings side, it's time to sit yourself down and look at the facts. Get out your weight-tracking spreadsheet or app. Think back over your consistency with your plan. If your problem is that you don't believe you can do this, immediately seek out proof that you can. Find stories of other people who started where you're at right now, and who have gotten themselves to the place you're trying to go. Get the facts on your side.

### Step #4: Use this knowledge to encourage yourself.

The reality check might have shown you worried for no reason. In that case, just keep doing what you've been doing. Or it might have shown that you've not been taking the actions you must take if you want to lose weight. Accept it, and commit to doing better going forward.

### Step #5: Stand up and move forward.

**Weight loss success is inevitable, provided you keep making needed changes and you just don't quit.** Take those little actions day in and day out that will get you to your goal. Give yourself a pep talk whenever you feel discouraged. (It happens to all of us!)