

Trade-up to better foods!

People hate to lose things. Even that old sweatshirt you know you should throw out, you just hate to lose it. It's human nature to focus on the immediate loss and not the potential gain. To reverse this, think of how you feel trading in your car for a newer model. This feels good and is painless for most people. Same can be true with your eating or anything else in your life! Don't think of "losing" your chicken nuggets or creamy ranch dressing. Think of gaining better looks, feeling better about you and being a role model (everything on your list of why you won't live overweight anymore) **YOU ARE TRADING UP!**



Using the Law of reinforcement, you want to trade-up gradually and continue to seek improvements in what you feed your body. Start by committing to one or two trade-ups per month. Reinforce your trade-ups by thinking positive thoughts that create positive feelings while eating healthy foods.

What I'm kicking out

Example: Milk, potato chips

What I'm trading up to!

Spring water, stove-top popcorn

January _____

February _____

March _____

April _____

May _____

June _____

July _____

August _____

September _____

October _____

November _____

December _____