

3 TRICKS TO KEEP YOU MOTIVATED



Dr. Kim Feinstein, Psy. D.
Clinical Psychologist & Weight Loss Specialist

Positive Self-Talk

Positive self-talk can boost productivity, motivation and confidence! When you speak to yourself in a way that builds up self-esteem, you are able to achieve feelings of renewal and confidence.

How to do it:

Become mindful of the way that you are speaking to yourself. For instance, do you ever think “I can’t do this,” or “this is too hard?”

Once you become aware of the thoughts that are undermining your success, you can begin to look for opportunities to rephrase your negative thoughts into more positive ones, such as “I deserve a lifetime of health,” or “I can overcome my cravings”.

Goal Visualization

Highly successful athletes & artists have been known to use visualization to help them achieve their ultimate goals. The science behind why visualization works is that imagining, or creating a mental image of success, helps us to improve confidence & resilience. When you have a mental image of your end-goal, you will feel empowered to keep working towards your goal!

The 5 Rs Method

Achieving a large goal can be overwhelming, but the 5 Rs method may help you put your efforts into perspective.

THE 5 Rs METHOD

STEP 1 Establish Relevancy	STEP 2 Determine Risks	STEP 3 Consider Rewards	STEP 4 Identify Roadblocks	STEP 5 Remove Barriers
Define why achieving your goal is important to you.	List the negative effects of not achieving your goal.	List positive effects of achieving your goal.	List potential obstacles to achieving your goal.	Develop an action plan for overcoming potential roadblocks to success.

EXAMPLES

Desire to live a long, happy life	Fatigue	Improved body image	Stress	“To tolerate cravings, I will use the 5 Ds method (Delay, Distract, Distance, Determine, Decide)” “ I do not have time to cook everyday, so I will meal-prepare in advance of each week.”
Be a better role model to your children	Mental Health issues	Less risk for health problems	Menopause	
Feel less tired	Hypertension	More active social life	Negative self-talk	
	Type 2 diabetes	Better mood	Busy schedule	
	Decreased mobility		Strong cravings	
			Unsupportive peers	

For more information on the psychology behind weight loss, motivation, and more, visit redmountainweightloss.com/blog