

Raise Your Vibe



Low Vibe

OMG! I've gained so much weight!

I don't like my _____.

I feel guilty for eating so much!

I wish I were thinner.

High Vibe

I am so grateful for the things my body can do..

I love my _____.

I will treat my body to a good healthy meal next.

Progress, not perfection, is the goal, and I am making progress daily..

Notice where there is

Judgement move toward-----> Gratefulness

Striving move toward-----> Releasing

Perfection move toward-----> Progress

Criticism move toward-----> Compassion

Questions to consider:

Would I say the things I say to myself to my daughter, niece, sister, friend?

What are other qualities that I value in myself?

What am I making the number on the scale mean?