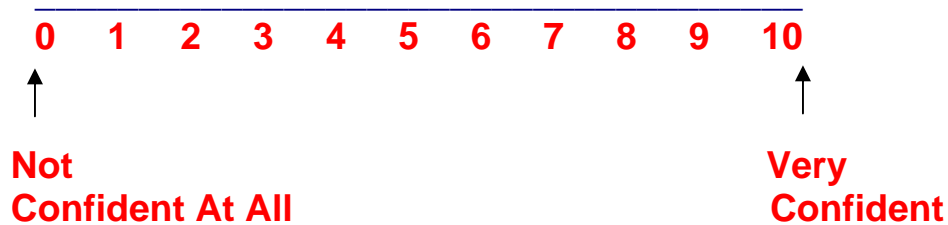


Boost Your Confidence

The more **confidence** you have to make a change, the more successful you will be. Although many people have doubts about their ability to lose weight and keep it off, **it can be done and you can do it!**

How confident are you that you can successfully change your eating and physical activity to control your weight?



Here are some suggestions about ways to strengthen your confidence:

- Ask yourself “What it would take to make that number 2 or 3 points higher?”
- “What would make me more confident?”
- Arrange to make those things happen.

Recall things you did successfully in the past:

- Bring back the good feelings you had at those times.
- Remember how you did those things. What did you do to make those things happen?
- Think about how you can use the successful techniques from the past to accomplish what you want to do now.
- Make a plan about exactly how you are going to accomplish your goal.
- Think positive thoughts. Keep telling yourself you can do it and will do it!

Ask for help. Family members, friends, and your *MOVE!* healthcare team can support and encourage you if you just ask. Spend time with those who offer encouragement. Consider participating in *MOVE!* group sessions for extra support. You will feel more confident when you know you have support behind you!

Get Started! People almost always feel more confident once they get started with something. So, get moving!

