



Stop Wishing, Start Doing

1. **Fiber First, Carbohydrates Last:** I can eat vegetables or other fiber first, and high-carb foods last by:

Eating a salad or vegetable soup to start lunch

2. **Goal Rotation:** I can rotate goals to prevent boredom, feel rewarded, and improve outcomes by:

Focusing on packing a healthy lunch Monday, Tuesday, and Wednesday.



3. Set it to forget it: I can plan ahead to put it out of my mind:

Walking at 7:00 a.m. tomorrow. I put my walking shoes and coat by the door already.

4. Identity-Based Motivation: I can change my mindset and thoughts to align with my identity and goals by:

Making bean vegetable soup on weekends because I'm a person who eats healthy lunches.



5. Go for the win! I can set myself up for success by:

Having a back-up plan for bad weather.
