

POSITIVE THINKING VS NEGATIVE THINKING

The Path To Success at Weight Loss and Health Goals Is Dependent On Your Thinking...

By Galit Goldfarb



YOUR MINDSET HOLDS THE POWER TO HELP YOU ACHIEVE YOUR HEALTH GOALS WITH LESS OBJECTIONS

POSITIVE THINKING VS NEGATIVE THINKING EXAMPLES

- I love feeding my body well in a nourishing way!
- Food is my friend, it provides me with energy and allows me to thrive!
- I know how to feed my body well, and my food choices are right and supportive of my health and weight!
- Exercise and moving my body comes easy and naturally to me!
- Sometimes I have small defeats but these are insignificant and I persist on my path to wellness!

- Food is my enemy and I must eat as little as possible to lose weight and be healthy.
- Everything I eat determines whether I will gain weight or lose it.
- I eat in accordance to my feelings.
- I must lose weight fast. I must be on a very strict diet to succeed.



The Effects of Positive vs Negative Emotions



Positive emotions broaden your sense of possibility and open your mind up to more options also leaving you more satisfied with life.



Negative emotions narrow your mind and prevent your brain from seeing the other options that surround you. It's our natural survival instinct.



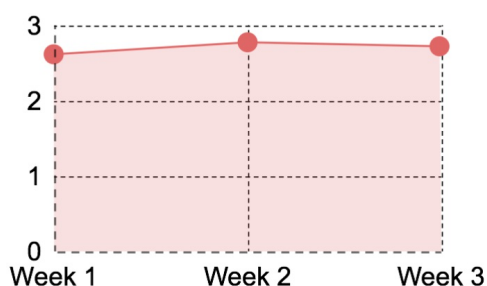
Hint: People who meditate daily display more positive emotions than those who do not..



THE EFFECT OF DAILY MEDITATION ON POSITIVE EMOTIONS

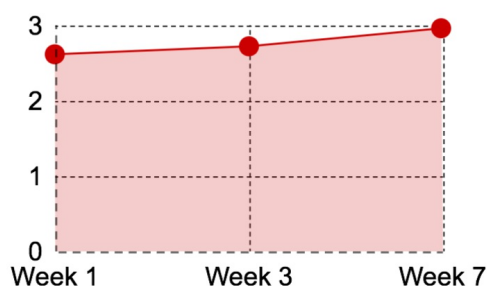
Without Meditation

■ positive emotions



With Meditation

■ positive emotions



Check Out My Recommended Daily Visualization Practice For Weight Loss and Health Here:
<https://goo.gl/GzvtOh>



WORD FOR THOUGHT

Happiness Is Both The Precursor To Success And The Result Of It!



THE GUERRILLA DIET AND LIFESTYLE PROGRAM

Resources:

http://www.huffingtonpost.com/james-clear/positive-thinking_b_3512202.html
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3156028/>