

Positive Attitudes

I made a list of positive thoughts for the "gainers" to read at my chapter meeting. Thought I would send them on in case anyone else could use them. During roll call, we applaud the losers and have the gainers pick a positive thought, positive attitude or inspirational message. I spaced them so that they can be printed and then cut into strips, rolled up and put into a jar or container. A loser passes the jar around to the gainers. Sometimes they call the girl over with the jar before they even give their gain.

.. I AM A WORTHY PERSON WHO DESERVES TO SUCCEED

.. I WILL BE THE LITTLE "CHOO-CHOO" WHO COULD

.. I WILL CHEW MY FOOD SLOWLY, SO I CAN ENJOY EVERY BITE

.. I BELIEVE IN MYSELF. WHAT OTHERS THINK DOESN'T MATTER

.. I CAN EXERCISE ANYWHERE, ANYTIME--AT SINK, STOVE, TABLE, DESK OR IN BED.

.. I ENJOY GIVING COMPLIMENTS, BECAUSE I ENJOY RECEIVING THEM.

.. ONE POSITIVE THING I CAN GIVE AWAY FREE, IS A SMILE.

.. I WANT TO LOSE WEIGHT FOR ME, BECAUSE I'M WORTH IT

.. EACH TIME I PASS A MIRROR, I WILL LOOK AND SAY "I LOVE YOU"

.. I WILL MAKE AN EXTRA EFFORT TO BE LOSER,'CAUSE I AM A WINNER

.. I AM AN INTELLIGENT PERSON WHO KNOWS WHAT TO DO TO LOSE WEIGHT

.. TODAY, I WILL DO FOR MYSELF, AS I DO FOR OTHERS

.. I WILL KEEP A POSITIVE ATTITUDE BECAUSE THAT MAKES ME FEEL GOOD

.. MY TOPS FRIENDS MAKE ME FEEL IMPORTANT. I WILL SUCCEED

.. IT IS NICE TO BE IMPORTANT, BUT MORE IMPORTANT TO BE NICE

.. THINK SWEET THOUGHTS, NOT THOUGHTS OF SWEETS

.. YOU HAVEN'T FAILED UNTIL YOU QUIT TRYING

.. DIET: SOMETHING YOU KEEP PUTTING OFF UNTIL YOU ARE PUTTING ON

.. THE POPULARITY OF TOPS, PROVES THAT PEOPLE WILL GO TO GREATLENGTHS TO AVOID GOING TO GREAT WIDTHS.

.. FRIENDSHIP IS TO PEOPLE, WHAT SUNSHINE IS TO FLOWERS

.. BELIEVING IS THE BEGINNING OF A DREAM COMING TRUE.

.. IT'S NOT WHAT'S IN THE HOUSE OR AROUND--IT'S WHAT GOES IN THE MOUTH AND DOWN.

.. TODAY IS THE TOMORROW YOU PROMISED TO START YOUR LIFE STYLE CHANGES.

.. A PINT OF GOOD EXAMPLE IS WORTH A GALLON OF ADVICE.

.. SUCCESS HAS NO CALORIES, BUT IT SURE TASTES SWEET

.. A STUMBLING BLOCK CAN BE A MILESTONE-----IF IT JOLTS US ONTO THE RIGHT TRACK.

.. YESTERDAY IS A CANCELLED CHECK; TOMORROW IS A PROMISSORY NOTE;

TODAY IS READY CASH, SO SPEND IT WISELY.