

## The Keys to Inspiration

**\*You are the KEY to your SUCCESS. You are the ONLY person who can unlock your POWER to become a healthier person. TOPS is here to support, encourage and educate you, but YOU alone must find the INSPIRATION to reach your GOAL. Open the door to SUCCESS!**

## The Keys to Inspiration

1. **Be Positive.** Every day is a fresh start. Make it the best you can. Associate with positive people. Make a list of those who perk you up, and resolve to spend more time with them. Practice looking at the positive side of everyday situations.
2. **Have A Plan.** Set goals for yourself: One goal for today, a bigger goal for the week, and a longer-term goal. Write them down, look at them often, and chisel away at them each day with definite actions.

### \*Crossing the Threshold of Inspiration

- A. My first goal is to \_\_\_\_\_
  - B. Some of the changes I could make to achieve this goal are \_\_\_\_\_
  - C. The change I'm willing to make first is \_\_\_\_\_
  - D. This change can help me reach my first goal because \_\_\_\_\_
  - E. Some problems I may encounter when making this change are \_\_\_\_\_
  - F. Ways I can handle these problems are \_\_\_\_\_
  - G. The time it may take to achieve my first goal will be \_\_\_\_\_
  - H. I will be even better for reaching my first goal because \_\_\_\_\_
  - I. When I reach my first goal my reward will be \_\_\_\_\_
1. Know Yourself. Know what's important to you and make a commitment to it. Then accept responsibility for the choices and attitudes that it requires. Don't be afraid to go against the grain; individual differences make the world more interesting.
  2. Continue Learning. Keep growing as a person. Continuously read, try new things, explore, change your routine, hunt for new ideas, talk to new people, travel and expand your horizons. Every new exposure provides inner resources for you to draw upon and sheds new light on your attitude and behaviors.
  3. Forgive. Don't dwell on failures of yourself or others. Pick up the pieces and learn from your mistakes, then move on. Remember that one mistake doesn't wipe out all the positives.
  4. Enhance Your Appearance. Make the most of what you have through flattering clothing & hair styling. Be conscious of your posture and the way you move. Remember that a smile boosts the attractiveness of any face by 100%! ☺
  5. Accept Yourself. Value yourself for what you are right now. Be as tolerant and encouraging with yourself as you would be with your best friend.
  6. Encourage others. Really listen when someone talks to you. Be aware of others importance in your life, and let them know how you value them. Be generous with praise.
  7. Make enthusiasm an everyday habit. The magic of enthusiasm grows brighter when it's used everyday. Don't save it for a special occasion. Let it become a way of life!

### Words to Forget

I can't  
Impossible  
I'll try  
I, me, my  
I have to hate  
Should have  
Could have  
Someday  
If only  
Yes, but  
Problem  
Difficult  
Stressed  
Worried

### Words to Remember

I can  
possible  
I will  
You, your  
I want to love  
Will do  
My Goal  
Today  
Next time  
I understand  
Opportunity  
Challenging  
Motivated  
Interested

### Keys to Inspiration

- I'm going to make this a wonderful day.
- I can accomplish anything I set out to do.
- My health is important, so I'll continue to exercise and eat right to make the most of it.
- Everyday I get a little stronger, a little wiser, a little happier.
- Success is not in never falling, but in rising each time you fall.
- It is within my power to become a healthy trim person.
- I'm doing this for me.
- Excuses are not my style; I find ways to make things happen.
- No matter what happened yesterday, today I begin all over again.
- Time is on my side. Every hour that I practice healthy habits, I get closer to my goal.
- The healthy person I am becoming is not a dream but a vision of the future-and I have the power to make it happen.
- My body deserves respect.
- Worthwhile things-like my health-require patience & work.
- My mind is stronger than my body. It will decide what to eat and how much to eat.
- Even the slimmest KOPS started out as overweight TOPS members. What sets them apart is that they stuck with it.
- All of my goals are within reach if I care enough to work toward them.