

How to Talk Yourself into a Healthy Choice



There are times
when we don't want
to do something.

**When we feel this
way, it is important
to do a *fit-check*.**



You can be tempted to say “I don’t want to” or “I won’t” when you are tired, bored, or just bummed out.





If you stop and do a *fit*-check, you can motivate your mood and talk yourself into saying “**I will.**”



Think about a time when you said or thought:

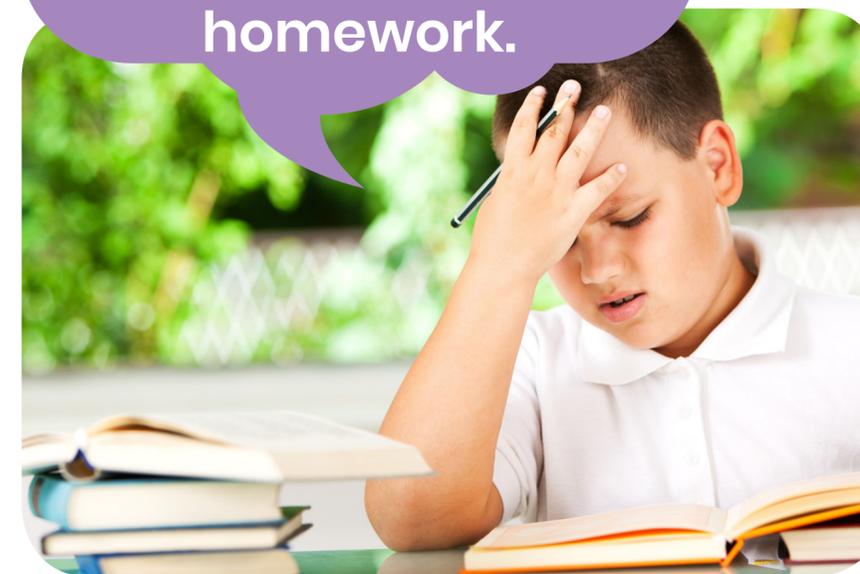
"I don't want to go to bed."



"I don't want to eat these veggies."



I don't want to do my homework.



WHEN MIGHT YOU BE TEMPTED TO SAY "I DON'T WANT TO"?

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