



Lesson 4: Homework

- 1) Practice turning your negative thoughts into positive ones. Remind yourself that you CAN do it! Write down all of your negative thoughts throughout the week and then revise them to make them positive! (Worksheet 1)
 - a. For example, if you find yourself thinking that making healthy food is too much of a hassle, remind yourself that it's worth it! You'll feel so much better once you get the hang of it. If you find yourself thinking that you don't have enough self-control to eat healthy food, remind yourself that you can do anything if you want it badly enough!
- 2) Write down your goals for each day of the week. Keep your goals updated daily and in view! Begin to break down the psychological barriers that keep you from succeeding. As you do this, don't be afraid of failure. Even the best of people fail many times before they succeed. You'll get there if you don't stop trying! (Worksheet 2)
 - a. Create goals for eating, exercising, emotions, work, and for interactions with friends & family. We've left three categories blank so that you can fill them in yourself!
- 3) Keep following the Club Reduce nutrition and lifestyle guidelines.
- 4) Download and listen to the Self-Mastery Technology (SMT) session for this week.

Learn it Live it Lose it

Worksheet 1: Turning Negative Thoughts into Positive Ones

Write down all of the negative thoughts you have throughout the week. Revise these thoughts to make them positive!

Day 1: Monday

Day 2: Tuesday

Day 3: Wednesday

Day 4: Thursday

Day 5: Friday

Day 6: Saturday

Day 7: Sunday

Worksheet 2: My Goals for This Week

Keep your goals updated daily and in view! Break down any psychological barriers that keep you from succeeding.

Goal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Eating							
Exercise							
Emotions							
Work							
Friends & Family							

