

FOCUS

F= Friends, food, fun, fellowship, family, fruit, faith, fear, fantastic, feelings, forward, fitness, fire

Using food to handle feelings doesn't work. The wood stove needs the right kind of fuel. Not wet wood. It needs oxygen.

O= oxygen, oreos, opportunity, obstacles, oregon, order, optic, obese, ownership (opportunity to take ownership .)

C= change, challenges, caring, cheating, concerned, choices, cheerio's, cherries, chocolate, cantaloupe, constipation, courage, cry, confusion

It takes courage to act even when you are afraid, The outcome is unpredictable, not choosing is a choice, choosing to do nothing is a choice.

U= united, understanding, unlimited, unique, use, umbilical, umbrella, umpire, unable, unaccompanied, unaccountable, unadvised, Our own journey is unique. You are unique. No one is just like you.

Utilize the tools from TOPS. Can you tell me some of the tools?

S= Success, support, simple, salutation, superior, store, sexy, sudden, suffice, sugar, suggest, suitable, sensibly

Something has to change. If hunger isn't the problem, than FOOD isn't the solution. This is a life long journey. We need family support. It can't be just a diet. It has to become a life style change.

It's one day, One thing at a time, One bite, One burger, One taco, one pizza, One ice cream sundae,

I can say, "NO" I can make different choices, I CAN.....What can you do?

The KEY :

Plan Short & long time goals,
Tracking, Journaling
Exercising 30 to 60 minutes everyday
Weekly non-food rewards
Weekly accountability

