

MAKING PEACE WITH THE SCALE

DOES A WEIGH-IN INSTANTLY CHANGE YOUR MOOD, CONFIDENCE, OR FEELINGS ABOUT YOUR PROGRESS?

If you answered "yes", then you may be giving the scale too much power!

WEIGHT IS SIMPLY THE FORCE OF GRAVITY ON YOUR BODY MASS

Several factors can affect weight, including recent diet, inflammation, health conditions, and medications.

The scale cannot tell the full story and status of your HEALTH.

The scale blinds you to REAL progress and results.

The scale keeps you STUCK on food.

The scale cannot tell you how FIT you are or how much ENERGY you have.

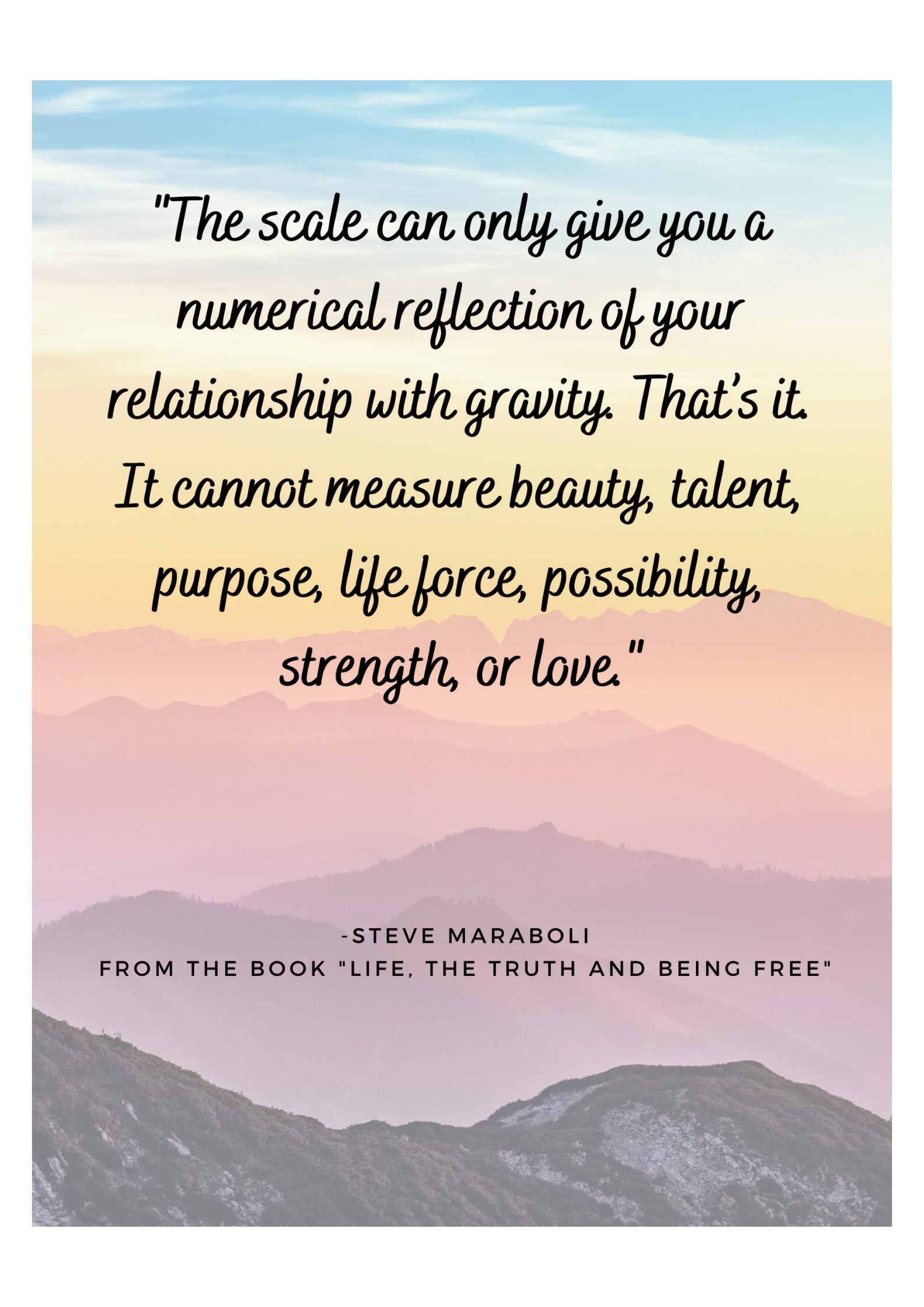
The scale can create a VICIOUS CYCLE of punishment and reward.

The scale doesn't know that your CLOTHES are fitting better.

You cannot control the number on the scale. You can CONTROL your behaviors.

Weight is transient. The changes you make are ENDURING.

Don't put your trust in the scale. TRUST in yourself.



"The scale can only give you a numerical reflection of your relationship with gravity. That's it. It cannot measure beauty, talent, purpose, life force, possibility, strength, or love."

- STEVE MARABOLI

FROM THE BOOK "LIFE, THE TRUTH AND BEING FREE"