



## POSITIVE THINKING

Write down any unhelpful thoughts which get in the way of you eating well or being active and think about alternative helpful thoughts.

### Unhelpful self-defeating thought

It's no good me buying vegetables as they would go off before I cooked them.

[Empty thought bubble]

[Empty thought bubble]

[Empty thought bubble]

### Helpful thought

I'll plan my vegetable shopping around what and when I can cook them and how long they will last.

[Empty thought bubble]

[Empty thought bubble]

[Empty thought bubble]