

## Thrill Power: Empowering Yourself for Healthy Eating and Weight Loss

### Old Thinking/Will Power

- I should
- I am weak
- I force myself
- I deny myself
- Either I have it or I don't
- If I blow it, I'm through
- I'm miserable

### Re-framed/Thrill Power

- I want to
- I am capable
- I am choosing
- I am good to myself
- I decide every time
- I get another chance
- I deserve happiness

### What makes you feel thrilled?

- Accomplishing a goal
- Winning
- Looking good
- Being admired
- Feeling strong
- Knowing you did a good job
- Feeling healthy
- Feeling smart and competent
- Fitting in beautiful clothes



### What makes you feel rewarded?

- Keeping score
- Rewarding myself with a gift
- Doing something special for myself
- Going somewhere special
- Spending time with friends
- Praise from my support group
- Taking a break for a day
- Having a treat
- Other:

Continued

## Some ideas to encourage mindful eating practices.

*Which ones do you like?*

- Make your snacks and meals more varied, tasty, colorful, and aromatic.
- Experiment by cooking with a variety of fresh herbs.
- Try new recipes.
- Try a variety of beverages with your meals, nonalcoholic wines, spritzers, iced-green or herb teas, or natural sodas.
- Serve the proper portions on your plate and put the remaining food away.
- Use smaller plates, bowls and other dishes.
- Cut food into smaller pieces.
- Use interesting garnishes to make your food look special.
- Include a rainbow of colorful fruits and vegetables in your meals.
- Put less food on your fork, spoon or chopsticks.
- Eat slowly. Chew each bite ten times or more.
- To slow down your meal, take a sip of your beverage between each bite.
- Always sit down to eat.
- Keep the television off while eating.
- Avoid reading while eating.
- Allow more time for meals.
- Play pleasant, relaxing music while eating.
- Use beautiful linens on the table.
- Use a variety of colorful placemats and napkins.
- Dim the lights.
- Use candles or oil lamps.
- Decorate the table with floral or other interesting centerpieces.
- Purchase special new dishes.
- Eat in a different location occasionally (such as before the fireplace, outside, on the floor with pillows)
- Use divided dishes, such as a Japanese Bento box and arrange your food artfully.
- Read or say a special blessing or meditation at each meal.
- Your own ideas:



***Remember, every moment is a fresh moment.* Each day you have the power to choose healthy eating.**

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