

Christian Weight Loss: Three Winning Attitudes

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by Kimberly Floyd



Three winning attitudes can help your Christian weight loss efforts:

- * **I am responsible**
- * **I face reality**
- * **I have a "no excuses" attitude**

'I Am Responsible'

Realize that you are responsible for the choices you make or have made; it is a waste of time to blame others or circumstances for your choices.

When it comes to your health efforts, you alone are responsible for the food you put in your mouth. You are responsible for exercising your body. You're responsible for preparing nutritious meals for yourself and, on the days when you can't cook, you're responsible for buying nutritious meals for yourself. You're a grownup and no one is going to make you healthy but you.

Accountability does not mean condemnation when you stumble. Instead it means that you are willing to take responsibility for the stumble and examine where things went wrong so that you are less likely to make the same mistake again.

'I Face Reality'

Satan often uses negative emotions to try to defeat us, such as depression, anger, and discouragement. But he uses fear most of all. He tries to trick you into thinking that you won't be able to cope with life if you don't eat your usual way. This is especially true if you are using

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food to avoid dealing with issues that you don't want to face. But that's not what God wants for you. He wants you to trust that He works all things together for your good.

God can give you courage to face any demons of unresolved hurt, unforgiveness, and anger. So ask yourself the question: 'What am I running from?' Write down your answers. Then take your answers to God immediately. Realize that if you continue using food to cope with emotional issues, you'll never have true peace. Have the courage to look at the hard, painful things; God will help you through and heal you.

'I Have a "No Excuses" Attitude'

You can either have your weight loss goal or keep your excuse, but you can't have both. Arguing for an excuse means you get to keep it. "No excuses" challenges you to focus on solutions, not on problems. Your excuses are blocking your way to a more excellent life. Get rid of them.

These attitudes are not always easy to maintain but when you practice them, you make your chances of success much greater.

Did you find this information on Women Food and God reviews useful? Read my detailed review, other reader comments about the book, and get my FREE special report 'Overcoming Emotional Eating God's Way' so that you can conquer binge eating now at takebackyourtemple.com.

You will discover valuable Christian weight loss tips at the site as well.

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