

## **All or Nothing Thinking**

Do you find that you fall victim to all or nothing thinking?

- A perfect week and you are top of the world
- A little slip up and you feel like you failed and will start over next week

This cycle can cause us to believe that a bad week means progress is lost and a good week means goals are automatically met.

Instead of having this black and white mentality, try this:

1. Visualize what a perfect week looks like with YOUR health habits (not someone else's)
2. Write these habits down and keep track of them starting on Monday
3. See where you end up by Sunday and evaluate

Maybe you only got two workouts in for the week instead of four. Maybe you didn't sleep well one night or you overate at a dinner out with friends.

Realize that these are normal fluctuations, not failures. The only way to fail is to give up completely on yourself. You haven't done that which means you are doing better than you think.

Progress exists in the "gray" area. Remember that the goal isn't perfection, it's staying connected to yourself when life gets busy.