3 Powerful Words To Use For Weight Loss

Hello [[firstname]],

Today’s blog post >>Link ‘Change the Words You Use in Your Health Goals For Better Results’ <<Link, you learned about words to use for your health goals. There are also some powerful words for losing weight.

When you starting your weight loss goals, one of the things you may do is write them down or keep them on a motivational poster or area of your home. Though these are things that help with weight loss goals, they may be hindering you if the wording is negative. In fact, the wording of your goals can have a lot to do with your success on an emotional and mental level. If you are trying to get the optimal amount of inspiration to achieve your weight loss then consider these three powerful words to use for weight loss.

**Will**

The word will sets that pace of what you are going to do. It focuses on the end result being positive and avoids the option that failure can be there or is there. Saying you will do something is like making a to do list for your day. You know you will eat at some point. You know you will do the laundry, clean the house, work, or meet with friends. Your weight loss can fall under the same word and take on a positive option. Your mind will also see it as a task that is virtually complete instead of one that may require more effort and still fail like the words might or may suggest.

**Develop**

You may not think of the word develop as something that is a powerful word to use in weight loss routines. The truth is, the word develop can really suggest a lot of positive things to your mind. For example, it suggests that you are working on something. It suggests that you don't have to do it all in one day, one week, or even one month. You are developing what works for you just like your body is developing and working with what you learn. You are growing and so is your routine and that is positive.

**When**

When is a word that should always be in your goals as a way to transition into a next step or to a reward. Ideally, you should use the word when in a transition to your reward for reaching a small term or long term goal. When tells your mind and body that you not only will reach your goal but there is a reward and light at the end of the tunnel. This can be a huge positive word for people who feel like they are just grinding away with no end in sight or no enjoyment throughout the process.

In addition to using these three words, consider a few more tips. Remove negative wording from your goals. Also, consider removing phrases that suggest you might fail like may or might. These tips combined with the use of the three powerful words mentioned here will help you achieve your goals in a happy and healthy manner.

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