

## When Changing Diet is hard Worksheet

Following are the tips regarding changing your diet. Practice them in order to achieve a healthy life.

- **Figure out your unhealthy eating patterns:**  
First, watch out for your unhealthy eating patterns which you want to change.
- **Make short term goals:**  
Make short term goals that you can achieve easily. Gradually take steps to longer goals. Don't try to make long term goals initially which will be difficult for you.
- **Don't be harsh on yourself:**  
Don't follow strict diet plans. Those diet plans will give you results instantly but they are not for long term.
- **Be patient:**  
Your body will take time to adapt to a new pattern so just be patient and committed.
- **Eat-in small portions:**  
Make a habit to eat your food in small portions.
- **Don't skip your meals:**  
Eat your meals on time
- **Focus on to be healthy not to be slim:**  
Don't think about achieving the perfect figure. Just focus on how to be healthy in order to live a healthy and balanced life which will protect you from many diseases.
- **Combine your diet with your favourite workout:**  
Combining your diet with the workout plan you love can be very effective.
- **Drink lots of water:**  
Make a habit to drink lots of water. It flushes out toxins from your body.
- **Treat yourself occasionally:**  
Rewarding yourself for achieving these milestones will motivate yourself to stay committed.