

REPLACE THAT WITH THIS!

SUPPORTIVE, EMPOWERING
LANGUAGE!

To Develop a Positive
Mindset toward Healthy Living

Avoid

Do

Being motivated to
make healthy choices
to fit into what
society says is
beautiful

Live a healthy lifestyle
because you ARE
beautiful, not to
become beautiful!

Focusing primarily on
health as a reason to
make healthy choices

Use kid-friendly
language that focuses
on the benefits kids
receive from making
healthy choices.

Thinking that your
self-care is self-ish
and not prioritizing
you

Your children learn
more by what you **do**,
than what you say. If
you want your
children to value the
health of their bodies,
minds and spirits,
they need to see you
doing it. That's why
self-care is actually
self-less!

Expecting perfection
or immediate
changes

Focus on making 1-2
small changes at a
time and build on
them. Remember,
small, consistent
changes will lead to
big changes over
time.