

Holiday Healthy Self-Talk Statements

I choose to celebrate the real meaning of this holiday season with thankfulness and awe for God's love and gift of Christ.

I will worship God by presenting my body as a living sacrifice – holy and pleasing to Him.

I take good care of my body and don't set good nutrition on the shelf just because it is the holidays.

I am aware of every bite I put into my mouth.

I always eat intentionally.

I care more about being lean and healthy than eating everything I want.

I am easily satisfied and stop eating when I am.

I wake up each morning with a clear plan to be active and eat well.

I am honoring God with my wise choices and realize that over indulging is not honoring Him or my body.

I do not have an "all or nothing" mentality.

I am very aware that every small morsel I eat adds up.

So, I usually eat only when I'm hungry.

When I choose to indulge in a fun food – I choose the best from all the good.

I eat it very slowly and I remind myself that I will be totally satisfied with the small amount I've predetermined to eat.

When I set my mind on things above and walk in the power of the Holy Spirit, I realize the fruit of the Spirit which includes self-control.

I have the mind of Christ.

I imagine every meal or snack I take is with Him.

He allows me to celebrate the amazing sense of taste God's given me without guilt because I enjoy it in moderation and am aware that I'm a steward of this body He's given me – my only vehicle for life on this planet.

My greatest joy this season is not in the foods that I eat or the presents that I buy or receive – but rather in the most precious gift of all – Jesus Christ.