The TOPS 10 Ways to Stand Up Tall

As you lose inches on the outside, don’t forget to build yourself up on the inside! These tips will help you feel 10 feet tall wherever you are on your weight-loss journey.

1. **Spring into action.** Get your garden in order, or just stop to smell the flowers. With the right care, love and patience, you can cultivate inner and outer beauty.

2. **Stand up to sneaky saboteurs.** You get stronger and build resilience each time you say no to that extra piece of cake and ignore the couch calling your name.

3. **Subtle adjustments make substantial improvements.** Your mother was right! Try your best to sit up straight and not to slouch.

4. **Don’t shy away from the scale—face it head on.** It pays to be accountable! If you have a gain one week, use it as inspiration to have a loss for the next two.

5. **Believe in yourself.** Confidence comes from within. Visit www.tops.org to check out our self care program video series and other tools to help motivate you.

6. **Give positive affirmations a go.** Tape a note to your mirror or desk and say something nice to yourself often. If you believe you’re worth it, others will too.

7. **In need of an instant mood lift?** Give yourself or someone else a hug! The power of touch brings about many positive emotions.

8. **Take the lead.** Have you been considering doing more with your chapter? Think about running for a leadership position in the next chapter election.

9. **Motivate yourself.** Set an ambitious, yet attainable goal for the next few weeks. When you achieve it, set another one! Build up your confidence incrementally.

10. **Pamper yourself with non-food rewards.** Try a foot soak with lavender oil or a soothing bubble bath. You’ll be relaxed in no time.