

124 Motivational Quotes for Dieting and Eating Right

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Health is not about the weight you lose
but about the life you gain.

Ask yourself if what you are doing today is getting you closer to where you want to be tomorrow.

Only I can change my life. No one can do it
for me. –Carol Burnett

You'll never change your life until you change something
you do daily. The secret of your success is found in
your daily routine. –John C. Maxwell

The first step to getting what you want is having the
courage to get rid of what you don't. –Zig Ziglar

**You don't have to go fast, you just have to go. –T.
Harv Eker**

Today's food makes tomorrow's body. Choose
wisely.

A dream doesn't become reality through
magic; it takes sweat, determination and
hard work. –Colin Powell

Change happens when the pain of staying the same is greater than the pain of change. -Tony Robbins

Addicts hate two things; change and the way things are.

If it is important to you, you will find a way. If it is not, you will find excuses. -Ryan Blair

At first they will ask why you're doing it. Later they will ask how you did it.

By failing to prepare, you are preparing to fail. - Benjamin Franklin

Cheating only hurts you!

If you can dream it, you can do it. -Walt Disney

Whether you think you can or think you can't, you are right! -Henry Ford

Set your mind to succeed. If your mind is set, your body will follow.

Strength doesn't come from what you can do. Strength comes from overcoming the things you thought you couldn't. -Rikki Rogers

Fattening food satisfies you for a few minutes. Feeling good about yourself lasts forever. Hang in there!

What you eat in private shows in public.

Surround yourself with those on the same mission.

Take care of your body. It's the only place you have to live. –Jim Rohn

Don't ask yourself if THIS tastes like THAT. Instead ask yourself, Do I like THIS.

The difference between a dream and success is work.

If you always do what you've always done, you always get what you've always gotten. –Tony Robbins

Your body hears everything your mind says. –Naomi Judd

The middle of the ocean is a terrible place to stop paddling. Don't give up when it gets hard.

The past does not equal the future. –Anthony Robbins

It may not happen as fast as you want but it WILL happen and you are so much better than if you didn't do it at all.

You are a work in progress which means you get there a little at a time, not all at once.

The road won't be easy but it will be worth it. –Cas McCullough

Think little goals and expect little achievements. Think big goals and win big success. –David Joseph Schwartz

Suck it up and one day you won't have to suck it in.

You never fail until you stop trying. –Albert Einstein

Today's sacrifice is tomorrow's success.

What you allow is what will continue.

Whatever your problem is, the answer is not in the refrigerator.

Strive for progress, not perfection.

Without struggle there is no progress. –Fredrick Douglas

A dream written down with a date becomes a goal. A goal broken down into steps becomes a plan. A plan backed by actions makes your dreams come true. –Greg Reid

The stronger you are, the better you feel.

Food does not make me happy. Food only makes me happy for a moment. Self control produces results. Results make me happy all day. Therefore, practicing self control makes me happy, not food. --Bonnie Pfiester

You get what you work for not what you wish for. –Howard A. Tullman

The moment you're ready to quit is usually the moment right before a miracle happens. Don't give up!

Don't stop when you are tired. Stop when you are done. –David Goggins

If you want something you've never had, you must be willing to do something you have never done. –Thomas Jefferson

Your speed doesn't matter. Forward is forward.

A year (month, week) from now, you will wish you started today. –Karen Lamb

A little progress each day adds up to big results. –Satya Nani

Comparison is the thief of joy. –Theodore Roosevelt

Dieting is like dating/marriage. You have to be honest, faithful and committed.

Your diet is a bank account. Good food choices are good investments. –Bethenny Frankel

Don't dig your grave with your own knife and fork. –English Proverb

Are your excuses more important than your dreams?

Don't reward/treat yourself with food. You are not a dog.

If it doesn't contribute to health, happiness or love, find a way to let it go.

Don't tell people your dreams, show them.

Eat crap, look crap, feel crap OR Eat good, look good, feel good.

If it doesn't challenge you, it doesn't change you. –Fred Devito

Don't wait until you reach your goal to be proud of yourself. Be proud of each step you take toward reaching that goal.

If you always settle for what you are then you will always be what you settle for.

Eat right. Feel Amazing.

If you get tired, learn to rest, not quit. –Banksy

The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison. – Ann Wigmore

Fall seven times, stand up eight.

Give every day the chance to become the most beautiful day of your life. –Mark Twain

Don't dwell on what you can't have; enjoy what you can have.

I can't control everything in life but I can control what I put in my body.

Your future is created by what you do today. –Robert Kiyosaki

Discipline is the bridge between goals and accomplishment. – Jim Rohn

God is within her. She will not fail. Psalms 46:5

Dieting is hard. Being overweight is hard. Choose your hard.

Great things do not come from comfort zones. – Ben Francia

I can do all things through Jesus Christ who gives me strength. Phil. 4:13

Exercise is a celebration of what your body can do not a punishment for what you ate.

Discipline is choosing between what you want now and what you want most. –Abraham Lincoln

I want to go to sleep happy with what I did today.

Cheat days/meals only cheat
YOU.

Don't stop because you are tired. Keep going because you are almost there.

Even if you lose ½ a pound a week, you will still be 26 pounds lighter this time next year. Just keep going.

Saying, "Oh, I've already ruined my good eating today. I'll just eat crap" is like saying, "Oh, I dropped my phone on the floor. I'll just smash it 'til it breaks".

Eat like you love yourself.

If I quit now, I will soon be back to where I started. And when I started, I was desperately wishing to be where I am now.

Don't wait for everything to be perfect before you decide to enjoy your life. -Joyce Meyer

Your desire to change must be greater than your desire to stay the same.

I already know what quitting feels like. I want to see what happens if I don't.

God made me in His image and God does not make junk.

Make their jaws drop. Prove their words wrong.

Everything that goes into your mouth is
YOUR choice.

Stop being afraid of what could go wrong and start being excited about what could go right. –Tony Robbins

**If you focus on results, you will never change.
When you focus on change, you will get results. –
Jack Dixon**

Never regret a day in your life; good days give happiness, bad days give experience, worst days give lessons and best days give memories.

Just because you can doesn't mean you should. –Sherrilyn Kenyon

**If you keep going, you will get
there.**

The less bad you eat, the less you want it.

Slow and steady wins the race. –Aesop

It's not that I can't eat that. I am making the healthier choice NOT to eat it.

Junk food you have been craving for an hour or the body you have been wanting for years? It's your choice.

Look for reasons, not excuses.

Never let a stumble in the road be the end of the journey.

Stop letting food be the boss of you!

I am thankful for my struggle because without it I wouldn't have stumbled upon my strength. –Alexandra Elle

Just keep swimming! --Dory

Let your discouragement be your motivation.

I am no longer accepting things I cannot change. I am changing the things I cannot accept. -Angela Davis

She turned her can'ts into cans and her dreams into plans. -Kobi Yamada

The only way I will see results is if I stay consistent.

It's a slow process but quitting won't speed it up.

Nothing tastes as good as thin feels. -Kate Moss

Only exercise on the days you want to be in a good mood.
-Chalene Johnson

I didn't come this far to come only this far. -Tom Brady

When you are interested in something, you do it only when it's convenient. When you're committed to something, you accept no excuses, only results. -Kenneth H. Blanchard

The road to success is always under construction. -Lily Tomlin

In two weeks, you'll feel it. Four weeks, you'll see it. In eight weeks, you'll hear it.

Push yourself because no one else is going to do it for you.

Remember how far you've come not just how far you have to go. You are not where you want to be but neither are you where you used to be. -Rick Warren

If you want to experience significant progress toward your goal, you need to be intentional about the work you are doing every day.

Don't give up what you want most for what you want right now. –Neal A. Maxwell

The only thing you have to give up is your excuses.

If you are tired of starting over, stop giving up. –Shia Labeouf

Set your goals high and don't stop till you get there. –Bo Jackson

A goal without a plan is just a wish. –Antoine de Saint-Exupery

God created it. Jesus died for it. The Spirit lives in it. I'd better take care of it. –Rick Warren