Weight loss success is usually measured by the number of pounds you’ve lost, the size of your clothes, or the shape of your body.

But if you reach your ideal weight, this magical and elusive number on the scale, and you’re still unhappy – and even worse, you’re terrified you’re just one cheeseburger away from blowing this whole “healthy” thing and gaining back all the weight – are you really successful?

Working as a dietitian in the weight loss biz for over 15 years (and overcoming my own food issues), I can tell you that the people who lose the weight and keep it off – people who truly live happy and healthy lives – share a lot of the same characteristics, traits, and habits. And the same goes for those who continuously struggle.

Here are the 20 behaviors that separate the weight winners from the weight loss losers…
WEIGHT LOSS WINNERS

Listen to their hunger and rely on intuition
Develop healthy habits
Find joy in the journey
Seek mentors, guidance, and community
Focus on how they feel
Support self and others
Explore WHY they overeat
Eat mostly whole foods
Read personal growth books
Forgive self and others
Use food for nourishment
Takes care of self first, then others
Deal with their emotions head-on
Eat slow
Find pleasure in movement
“Act as if” they’re at their ideal weight
Take responsibility
Eat with gusto
Take chances
Strive for progress

WEIGHT LOSS LOSERS

Ignore their hunger and rely on willpower
Follow strict eating rules
Think they have to suffer to succeed
Stay isolated and shameful
Focus on the number on the scale
Criticize self and others
Concentrate only on WHAT they eat
Eat mostly processed foods
Read diet books
Blame self and others
Use food for comfort
Takes care of others first, then self
Deny and dismiss their emotions
Eat fast
See exercise as punishment
“Wait until” they’re at their ideal weight
Make excuses
Eat with guilt
Play it safe
Strive for perfection
In my Smaller Size Bigger Life weight loss program, success has NOTHING to do with the size of your jeans, and absolutely everything to do with how you feel. Maya Angelou’s definition of success sums it up perfectly…

“Success is liking yourself, liking what you do, and liking how you do it.”

The questions to ask yourself is this: Are you on a successful weight loss path paved with courage, hope, humility, and fun, or is your journey full of pain, shame, self-loathing, and punishment?

Make the choice to show up for yourself with love and kindness today. Because the choice is always yours, and YOU are worth it.

With love,

Heather

www.SmallerSizeBiggerLife.com
Heather K. Jones is a registered dietitian and the founder of HeatherKJones.com, a weight loss website about healing and hope instead of diets and deprivation, and the creator of Smaller Size Bigger Life, an online program for women who struggle with emotional eating, binge eating, overeating or body image issues.

Specializing in nutrition communications, weight management and behavior change therapy, Heather has spent the last 20 years assisting people who struggle with diet and food issues.

She is the nutrition expert for the New York Times best-selling book, The Skinnytaste Cookbook (Potter, 2014), and the author of The Salt Solution (Rodale, 2011), written with the editors of Prevention Magazine, and Drop 5 Pounds (Sterling, 2010), written with the editors of Good Housekeeping. She has also contributed to numerous health and nutrition books.

Heather has had hundreds of articles published in healthy-living magazines, including SELF, Fitness, Redbook and more, and she is regularly featured as a nutrition expert in a variety of media outlets. She also spent more than seven years working for the Center for Science in the Public Interest (CSPI) and its award-winning newsletter, Nutrition Action Healthletter.