Does your morning routine include stepping on the scale before you step into the shower? Do you let the number on the scale impact your whole day?

If the number is higher than you expected, you may find yourself thinking:

“What’s the use? I’ll never get to my goal weight.”

If the number is where you thought it would be or lower, you may say to yourself:

“My efforts are paying off! I’m a success!”

Unfortunately, many of us are conditioned to think that the number on the scale is so important that it doesn’t measure just our weight, but our self-value.
Consider other ways to measure the positive outcomes of your weight management efforts, besides the number on the scale. Here are a few suggestions to consider:

- **Set a SMART goal related to one aspect of your lifestyle each week.** When you set a SMART goal, think short-term. SMART is an acronym for: Specific, Measurable, Appropriate, Realistic, and Timely. SMART goals have a built-in measurement. Achieving goals that you set specifically for yourself can be very rewarding. An example of a SMART goal would be putting aside 5-10 minutes each day to take a brisk walk.

- **Use your clothes as a measure.** Do your favorite jeans fit now? A few months ago, did you have to lie on the bed to zip them up?

- **Review what you have been eating.** Are you eating more fruits and vegetables? That's a positive measure.

- **Be conscious of how you feel emotionally.** How do you rate your self-confidence or satisfaction with yourself? If you feel better overall when you don’t step on the scale, then don’t make it part of your daily routine. Try weighing yourself a few days of the week instead.

- **Drink more water or other no-calorie beverages.** You’ll feel fuller—and enjoying these drinks with meals may help slow down your food intake. Staying hydrated also boosts energy.