



## Session 12: Ways to Stay Motivated

### Progress Review

Changes you've made to be more active:

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Changes you've made to eat less fat (and fewer calories):

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Have you reached your weight goal?     Yes     No

Have you reached your activity goal?     Yes     No

If not, what will you do to improve your progress?

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## Ways to Stay Motivated:

### 1. Stay aware of the benefits you've achieved and hope to achieve.

What did you hope to achieve when you started the Group Lifestyle Balance™ Program? Have you reached these goals?

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What would you like to achieve in the next three months?

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### 2. Recognize your successes.

What changes in your eating and activity do you feel proudest of?

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**3. Keep visible signs of your progress.**

- Post weight and activity graphs on your refrigerator door.
- Mark your activity milestones on a map toward a particular goal.
- Measure yourself (waist, belt size) once a month.

**4. Keep track of your weight, eating and activity.**

- Record your activity daily.
- Record what you eat: \_\_\_\_\_
- Record your weight on: \_\_\_\_\_

**5. Consider whether you need to add variety to your routine.**

Is it time for you to vary your activity?

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Are you feeling bored with your meals, snacks, or specific foods?

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Can you think of some ways to vary this part of your eating?

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## 6. Manage stress.

Stress is tension or pressure.

Many people react to stress by overeating or being inactive.

What kinds of things make you feel stressed?

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What is it like for you when you get stressed?

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Use all the skills you have learned in the program  
to prevent or manage stress

**Practice saying, "No."**

- Try to say "Yes" only when it is important to **you**.

**Share some of your work with others.**

**Set goals you can reach.**

**Take charge of your time.**

- Make schedules with the real world in mind.
- Get organized.

**Use problem solving:**

- Describe the problem in detail.
- Brainstorm your options.
- Pick one option to try.
- Make an action plan.
- Try it. See how it goes.

**Plan ahead.**

- Think about the kind of situations that are stressful for you.
- Plan for how to handle them or work around them.

**Keep things in perspective. Remember your purpose.**

- Think of all of the good in your life.
- Remember why you joined the program.

**Reach out to people.**

**Be physically active.**



## When You Can't Avoid Stress:

Catch yourself feeling stressed as early as you can.

### Take a 10-minute "time out."

- Move those muscles.
- Pamper yourself. Just take 10 minutes for YOURSELF.
- Breathe.

Try this: Take a full, deep breath. Count to five. Then let go of your breath slowly. Let the muscles in your face, arms, legs, and body go completely loose.

The Group Lifestyle Balance Program may cause stress:

Possible Source of Stress	Way(s) to manage stress	Examples
Extra time spent in food preparation, shopping.	<ul style="list-style-type: none"> <li>• Share some of your work.</li> <li>• Take charge of your time</li> </ul>	<ul style="list-style-type: none"> <li>• Ask a spouse to help shop.</li> <li>• Make double recipes. Freeze part for later.</li> </ul>
Feel deprived when you can't eat favorite foods	<ul style="list-style-type: none"> <li>• Set goals you can reach.</li> <li>• Keep things in perspective.</li> </ul>	<ul style="list-style-type: none"> <li>• Allow yourself to have favorite foods in small amounts now and then.</li> <li>• Remind yourself how important preventing diabetes is to you.</li> </ul>
Your family doesn't like low-fat foods.	<ul style="list-style-type: none"> <li>• Reach out to people.</li> <li>• Use the steps for solving problems.</li> </ul>	<ul style="list-style-type: none"> <li>• Ask your family to support your efforts to try new foods.</li> <li>• Discuss your feelings and your commitment to weight loss with your family. Brainstorm options with them. Try one.</li> </ul>
You feel uncomfortable participating in social activities where high-fat foods are available.	<ul style="list-style-type: none"> <li>• Practice saying "No."</li> <li>• Reach out to people.</li> <li>• Plan ahead.</li> </ul>	<ul style="list-style-type: none"> <li>• Turn down invitations that aren't important to you.</li> <li>• Call the host of hostess ahead and ask what will be served and if you can bring a low-fat dish.</li> <li>• Before you go to the party, plan what foods you will choose.</li> </ul>
You feel stressed by trying to fit activity into an already busy schedule.	<ul style="list-style-type: none"> <li>• Plan ahead</li> <li>• Problem Solve</li> </ul>	<ul style="list-style-type: none"> <li>• Make an appointment to be active.</li> <li>• Combine activity with other events you plan to do anyhow (Take a walking meeting. Go hiking with the family.)</li> </ul>

## 7. Set new goals for yourself.

Develop ways to reward yourself when you meet each goal.

**Goals:** Specific, short-term, just enough of a challenge.

**Rewards:** Something you will do or buy **if and only if** you reach your goal.

What are some non-food ways you can reward yourself for reaching a goal?

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## 8. Create some friendly competition.

Set up the kind of competition in which you both win.

## 9. Use others to help you stay motivated.

Talk with a supportive family member or friend for encouragement.





## Stay Motivated

Choose one way to stay motivated that would be helpful to you now.

### Make a positive action plan.

I will: \_\_\_\_\_

When? \_\_\_\_\_

I will do this first: \_\_\_\_\_

Roadblocks that might come up

I will handle them by:

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I will do this to make my success more likely: \_\_\_\_\_

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How can we help you? \_\_\_\_\_

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## How Do Successful Weight Losers Do It?

There's an old saying, "A path is made by walking on it."

Researchers have studied people who've lost weight and kept it off. What path did these successful weight losers "make by walking on it"? What steps did they take? What turns in the road did they navigate? Studies suggest the following:

<b>Successful weight losers move from:</b>	<b>Toward:</b>
Trying to fool themselves	→ Being honest with themselves
Looking for a "magic" cure	→ Recognizing that behavior change takes hard work and persistence.
Looking for a "cookbook" approach that applies to everyone.	→ Fitting the tried-and-true ways of losing weight into their own lifestyle.
Looking for someone else to fix their weight problem or take the blame for it	→ Taking "lonely responsibility" for doing what needs to be done or for not doing it.
Thinking of weight loss as an end in itself.	→ Thinking of weight loss as a part of an overall process of learning about themselves and their priorities.
Being afraid to fail and/or punishing when they do fail.	→ Being willing to make mistakes, learning from them and trying again.
Wanting to do it perfectly right away.	→ Being willing to settle for "small wins" and build on the positive, one step at a time.
Seeking approval or forgiveness from others.	→ "Owning" their own successes and mistakes.
Relying on willpower, control, or discipline.	→ Making choices one at a time, being flexible, and trusting themselves.
Blaming themselves or seeing the needs of others as more important than their own.	→ Maintaining a healthy self-interest.

Think about yourself. What path have you been on?

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What steps can you take now on your own path toward weight loss?

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## What's Your Pleasure?

It takes time and effort to build new eating and exercise habits. One way to keep going is to be sure there's enough pleasure in your life.

### List three things you enjoy doing but rarely do.

Choose things that are not related to food and that are easy to do. See the next page for ideas.

- 1.
- 2.
- 3.

### Schedule these pleasures into your life.

Get out a calendar. Make appointments with yourself.

As often as possible, schedule your pleasures for the following times:

- **When the "old you" might have rewarded yourself by overeating or being inactive.** (For example, if you used to eat ice cream or sit down in front of the TV after a hard day at work, plan to buy yourself flowers instead.)
- **Right after you've taken a challenging step toward change.** (For example, if you've been putting off enrolling in an aerobics class, plan to take a long, hot bath on the night after the first class.)
- **When you feel discouraged.** Remember, it takes time to change. You deserve to be good to yourself for all of the efforts you make.

Follow through with your plan...no matter how odd it feels.

Treat your appointments with yourself as seriously as you would those with someone else you care about.



## Let Me Count the Ways... To Be Good to Myself

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|--|---|--|
| 1. Soak in the bathtub.                            | 45. Arrange flowers.                                | 89. Play with animals.                               |
| 2. Plan my career.                                 | 46. Have sex.                                       | 90. Read fiction.                                    |
| 3. Collect shells.                                 | 47. Ride a motorcycle.                              | 91. Watch an old movie.                              |
| 4. Recycle old items.                              | 48. Practice religion (go to church, pray).         | 92. Go dancing.                                      |
| 5. Go on a date.                                   | 49. Go to the beach.                                | 93. Meditate.  |
| 6. Buy flowers.                                    | 50. Sing around the house.                          | 94. Play volleyball.                                 |
| 7. Go to a movie in the middle of the week.        | 51. Go skating.                                     | 95. Read nonfiction.                                 |
| 8. Walk or jog.                                    | 52. Paint.  | 96. Go bowling.                                      |
| 9. Listen to music.                                | 53. Do needle point, crewel, knitting, sewing, etc. | 97. Go the mountains.                                |
| 10. Recall past parties.                           | 54. Take a nap.                                     | 98. Think about happy moments in my childhood.       |
| 11. Buy household gadgets.                         | 55. Entertain.                                      | 99. See or show photographs or slides.               |
| 12. Read a humor book.                             | 56. Go to a club meeting.                           | 100. Play cards, checkers, etc.                      |
| 13. Think about my past trips.                     | 57. Go hunting.                                     | 101. Solve riddles.                                  |
| 14. Listen to others.                              | 58. Sing with groups.                               | 102. Have a political discussion.                    |
| 15. Read magazines or newspapers.                  | 59. Flirt.  | 103. Play softball.                                  |
| 16. Do woodworking.                                | 60. Play a musical instrument.                      | 104. Do crossword puzzles.                           |
| 17. Build a model.                                 | 61. Make a gift for someone.                        | 105. Shoot pool.                                     |
| 18. Spend an evening with good friends.            | 62. Collect postcards.                              | 106. Dress up and look nice.                         |
| 19. Plan a day's activities.                       | 63. Buy a record, tape, or CD.                      | 107. Think about how I've improved.                  |
| 20. Meet new people.                               | 64. Plan a party.                                   | 108. Buy something for myself.                       |
| 21. Remember beautiful scenery.                    | 65. Go hiking.                                      | 109. Talk on the phone.                              |
| 22. Save money.                                    | 66. Write a love poem.                              | 110. Kiss.   |
| 23. Go home from work.                             | 67. Buy clothes.                                    | 111. Go to a museum.                                 |
| 24. Practice karate, judo, yoga.                   | 68. Go sightseeing.                                 | 112. Light candles.                                  |
| 25. Think about retirement.                        | 69. Garden.   | 113. Get a massage.                                  |
| 26. Repair things.                                 | 70. Go to a beauty parlor.                          | 114. Say, "I love you."                              |
| 27. Work on my car or bicycle.                     | 71. Play cards, chess, etc.                         | 115. Take a sauna or steam.                          |
| 28. Remember the words and deeds of loving people. | 72. Buy a book.                                     | 116. Go skiing.                                      |
| 29. Wear sexy clothing.                            | 73. Watch children play.                            | 117. Have an aquarium.                               |
| 30. Have a quiet evening.                          | 74. Write a letter.                                 | 118. Go horseback riding.                            |
| 31. Collect coins.                                 | 75. Write in a diary.                               | 119. Do a jigsaw puzzle.                             |
| 32. Take care of my plants.                        | 76. Go to a play or concert.                        | 120. Go window shopping.                             |
| 33. Buy or sell stock.                             | 77. Daydream.                                       | 121. Send a greeting card to someone you care about. |
| 34. Go swimming.                                   | 78. Plan to go to school.                           | 122. Other ideas.                                    |
| 35. Doodle.  | 79. Go for a drive.                                 | _____  |
| 36. Collect old things.                            | 80. Listen to music.                                | _____  |
| 37. Go to a party.                                 | 81. Refinish furniture.                             | _____  |
| 38. Think about buying things.                     | 82. Make lists of things to do.                     |  |
| 39. Play golf.                                     | 83. Go bike riding.                                 |  |
| 40. Play soccer.                                   | 84. Take a walk in the woods.                       |  |
| 41. Fly a kite.                                    | 85. Buy a gift for someone.                         |  |
| 42. Have a discussion with friends.                | 86. Visit a national park.                          |  |
| 43. Have a family get-together.                    | 87. Take photographs.                               |  |
| 44. Take a day off with nothing to do.             | 88. Go fishing.                                     |  |



## My Personal Lifestyle Contract

**Congratulations on completing the weekly sessions of the Group Lifestyle Balance™ Program!**

Now is the time to set the goals that you will carry with you as we move into the next phase of the program.

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**What is my purpose now? Start by answering these questions.**

Why is reaching and staying at a healthy weight and being active important to me? \_\_\_\_\_  
\_\_\_\_\_

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### Activity Goals

- I plan to do at least \_\_\_\_\_ minutes per week of moderate physical activity similar to brisk walking.
- I will slowly increase my steps until I reach an average of 7,000 or more per day.

\_\_\_\_\_ plus 250 = \_\_\_\_\_  
Average steps per day last week.                      Next week's goal for avg steps/day.

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## Weight Goal

My goal weight is \_\_\_\_\_ pounds.

To reach and maintain this weight, I plan to: \_\_\_\_\_

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If I regain weight, I plan to: \_\_\_\_\_

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## Keeping Track

I plan to weigh myself this often: \_\_\_\_\_

I plan to keep track of my  physical activity minutes  steps

what I eat  fat grams  calories

This often: \_\_\_\_\_

On (e.g., calendar, notebook): \_\_\_\_\_

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## Social Support

I will seek support for my lifestyle goals by: \_\_\_\_\_

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## To Do:

### I will:

- Keep track of my weight, eating, and activity.**
- Continue to record activity minutes.**
- Try to do the three things I enjoy doing listed on page but rarely do.**

Choose things that are not related to food and that are easy to do. See page 10 for ideas.

- 1.
- 2.
- 3.

**Schedule these pleasures into your life.**