

Tools for Success

Recognize your choices in making lifestyle changes

Distinguish between goals you truly want to achieve and goals others think you should achieve

Understand the power of immediate payoffs (rewards) as a motivating factor in making permanent lifestyle changes

Learn self-monitoring techniques to assess your progress and stay on track

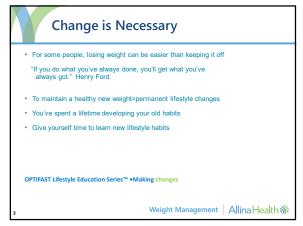
Learn how to cope with lapses and prevent relapses

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Separating Wants from Shoulds

- "Shoulds" a reflection of customs, cultural messages, conscience and expectations from others

- We encounter these messages daily-media, friends, family, co-workers

- It's important to be aware of how others impose their list of shoulds on you.

Did you join this program because you want to change your habits or because others think you should change?

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What do you truly want?

What goals do you want to achieve?
-Why are they important to you?

What are the advantages and disadvantages of making changes?

What happens if I stay the same?
-What could happen if I change?

The goals you make for yourself provide stronger motivation than the ones you are striving for to please someone else.

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Choose to Change

• Make a conscious decision to adopt healthier eating and physical activity habits

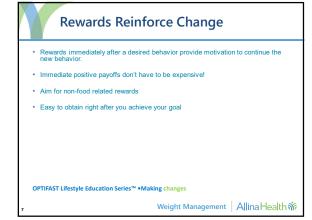
• You will be confronted with "decision points" when you need to choose the healthier option and avoid slipping into old habits

• Make conscious choices rather than drifting into automatic responses

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Self-monitoring

• To achieve any goal, you need to know where you want to go, map out your plans and monitor your progress
• Self-monitoring tools you can use include:

1. Daily Healthy Diary- record daily food intake, weekly exercise goals & physical activities/steps
• Simply tracking food intake will motivate you to alter it.

- Let your awareness motivate change!

2. Weekly Weight Chart

3. Journaling- gives you a place to work through thoughts/emotions/situations, connect unconscious thoughts with conscious choices
perhaps helpful to look back at your challenges and see how you have worked through them

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Limiting Lapses

Lapses are an inevitable part of lifestyle change.

Don't beat yourself up and don't give up!

Goal: Limit the extent and frequency of lapses, not prevent them entirely

Learn from your challenges and experiences

Ask yourself: How could I handle that differently next time? What did I learn?

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Getting Back on Track

Begin damage control as soon as aware of a problem

Don't wait until next week or even the next day

Restart your food and exercise plan right away

Take a walk, even if it's only for 5-10 minutes

Problematic food in your environment? Discard it or move away from your view

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Making Changes to Prevent
Lapses

Choosing positive lifestyle changes and "breaking the chain" of
lapses gets easier with practice.

Finding non-food rewards is important since food so often filled
this role for people.

Self-monitoring acts like an early warning system.

Allows you to adjust your behavior before you're in a relapse situation

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