

SET YOURSELF UP FOR SUCCESS

1. **What specifically are you trying to achieve?** (i.e. weight loss, resolve or mitigate health issues, improve fitness, improve nutrition, increase energy, reduce cravings, regain a sense of control etc.).

2. **Why? List three specific ways you think your life would be different if you were to achieve it?** (i.e. have more energy, better moods, look and feel younger, do things, go places, wear things, joy, approval, self-respect, play with my grandchildren, go out for a sport, etc.).

- a) _____
b) _____
c) _____

3. **How? What do you most need to change or get done to achieve it?** (i.e. eat differently, exercise, focus, organize yourself, stay the course, etc.)

• **Who's support do you need to enlist?** (i.e. my own, parent's, spouse's, kid's, friend's, co-worker's, etc.).

• **What resources do you need?** (i.e. groceries, menus, recipes, a chef, a trainer, equipment, a place to exercise, a dog to walk, cooking classes, no fuss meal options, an extra freezer, etc.).

• **If you've lost weight before and gained it back, what behaviors get in your way or what undid you?** (i.e. relying on willpower or psych, grazing, allowing trigger foods back in, didn't keep the environment safe, not enough of the right foods on hand, no real meals, stopped keeping track, boredom, emotional eating, stopped exercising, back to old haunts, etc.).

4. **List three ways (aside from weight loss) you can recognize and measure progress along the way** (i.e. improved blood work, increased energy, eating more veggies or fruits, going to bed earlier, keeping a diary, eating less of something, owning sneakers, finding active friends, rejoining a gym, buying at a farmer's market, hobbies that aren't food based, etc.).

- a) _____
b) _____
c) _____

5. **What will you have to give up to achieve it?** (i.e. eating over stress, the pleasure of the food, hiding behind the weight, some of the multi-tasking, flying by the seat of my pants, staying up late, pleasing someone by eating with them or buying junk for them, being the baker, eating out all the time, being lazy about preparation, etc.).

From the desk of.....*Susan L. Holmberg, MS, CNS*