

Session Six: Reassessment

It's time to recognize and celebrate your progress!

To do this, your body composition and circumference measurements will be assessed. This is just one of several methods to measure what a difference your efforts have made. Take the time to thoughtfully complete this activity. Reflect on the progress you have made and determine where you stand in relation to your initial goals. Make adjustments as needed. Be sure to use the **Solution Discovery Worksheet** in your to assist you in assessing areas of development.

Reassessment Exercise: Review your initial Goal Setting Sheet. Review your Personal Commitment Contract.

List your long-term goals

Exercise -

Nutrition -

Attitude-

Be honest as you ask yourself if you've done well in making progress towards your goal. Have the strategies you laid out to overcome obstacles worked well for you?

What are you doing that works?

Be sure to continue these new habits.

Can you easily overcome these obstacles now with the strategies you've put into place?

If you're still having a tough time tackling your initial short-term goals, it's time to take a look at some of the strategies you've laid out to accomplish these goals. Perhaps these aren't the best strategies for you. Keep this in mind; **if they are not working for you, they are working against you** and it is imperative that they be replaced.

List the major problem areas/actions that take you further from your goal.

What are you doing that you should stop? Identify at least 2-3 areas of development with a brief strategy to master each one.

1. Exercise obstacle(s):

Plan of Action:

2. Nutrition obstacle(s):

Plan of Action:

3. Attitude obstacle(s):

Plan of Action:

Remember to continue to take it slowly, pace yourself and expect less than perfection - Stick with your nutrition and exercise plan even if you experience a slip up. Changing old habits takes consistent effort. You must practice patience as you relearn new behaviors and allow time for your body to positively adjust.

Small Behavior Strategies that make a BIG Difference

Making small changes one at a time is the best strategy. It's not overwhelming and it results in a slower, steadier positive physical change.

- Don't engage in other activities while eating such as watching T.V. driving, reading, or talking on the phone
- Concentrate on the pleasures of the food you eat - the sight, the smell, and the taste. Don't allow eating to be a mindless, unconscious behavior.
- Choose one room for eating, and don't eat while standing or walking around.
- Spend at least 20 minutes eating your meals to allow your brain to trigger a fullness sensation to your stomach. Take small bites, chew your food completely, set fork down between bites.
- Don't always leave a clean plate. Pay more attention to your hunger. It's OK to leave something if you feel satisfied before you're finished. Put it away for tomorrow if you want.
- If you can't eat "just one" of certain foods, don't buy that food. Never eat out of a bag or box. Take out a measured/counted quantity of food and put it in a bowl. This way, you know exactly how much you're having.
- Try at least one new food every week. If you're bored with what you're eating, you're more likely to give up
- Don't go grocery shopping on an empty stomach. Shop from a prepared list.
- Buy foods that require preparation. Ready-to-eat foods have little to no nutritional value.
- Incorporate small bouts of exercise into your daily routine. Aim for 30 minutes a day. Try taking the stairs, parking further away, walking to the grocery store, hand-washing your car, playing an sport with your children, or simply go for a 10 minute walk three times a day.
- Make exercise a **priority**, not an inconvenience.

It is very important to recognize and reward yourself for the progress that you have made. List some non-food rewards:

I have accomplished:

This is my reward:

I accomplished:

This is my reward:

Create a goal short term goal for the next week:

When I accomplish:

This is my reward:

Remember your transformation is a journey, not a destination. Accomplishing any goal requires a lifelong commitment. Expect to set new goals and discover new areas of improvement. The reality is, most goals do change over time. Goals should be changed in response to things that happen in or around you. Your goals are a direct reflection of where you are and where you're going in life. Change is just part of the process. The key is to break your goals down into simple steps that you can complete. This allows you to make measurable progress and established a forward momentum.

Don't forget to Reward Yourself

When you were a kid, and you did something well, every now and then you got a reward. Motivating, right? Reaching your fitness goals is no different. Use that same logic to make your weight-loss journey more pleasant — and your goal more attainable. Set mini-goals, then reward yourself when you meet them. When you reward yourself for your efforts – not the outcome – on a regular basis, you will continue to motivate yourself to stick with your program.

If you don't celebrate small, everyday lifestyle changes, there will be times when your fitness goal seems so far away that you'll become frustrated or be tempted to give up. Having little stops to celebrate along the way makes that journey more pleasant — and your goal more likely to be achieved. When you meet one of your mini-milestones, be sure to give yourself a reward.

For under \$5, why not ...

- Sip on a cup of an exotic herbal tea in the sun.
- Finish the day with a long, candlelit soak in the tub.
- Enjoy a leisurely Sunday morning — turn your phone off and spend the morning in your pajamas reading a book or devouring a few magazines.
- Savor a celebratory glass of wine with dinner.

- Rent your favorite movie

For under \$10, why not ...

- Open a "pamper me" bank account: Deposit \$10 for every week you've stuck to your nutrition and exercise plan, or for every pound of fat you've lost. Save up for a day at the spa.
- Splurge on a bouquet of flowers just for you.
- Take the time to give yourself a full manicure, complete with a new shade of nail polish.
- Buy a relaxation tape and use it daily.
- Take a trip to the book store and buy a book you are eager to read.

For \$20 to \$45, why not ...

- Pay your neighbor's teenager to do your grocery shopping for you. Just make a list, relax.
- String a hammock up in the backyard and spend an afternoon napping in the sun.
- Call your distant friends.
- Enjoy a new haircut or color.
- Get a makeover.

For over \$50, why not ...

- Devote the entire day to a shopping spree for a new pair of shoes.
- Splurge on a bottle of new perfume — just because you deserve it.
- Rent a sailboat with friends and spend the day soaking up ocean breezes.
- Sign up for a membership to your favorite art gallery, or subscribe to a theater company for the next season.
- Hire a maid for the day — to cook and clean while you kick back.
- Take that vacation you've been putting off.
- Get a massage.
- You are looking great — have your picture taken by a professional.
- Invest in a Personal Trainer - take the extra step to ensure you achieve a tone, sculpted body

Secrets to Accelerate Goal Achievement

1. Commitment – How important is this to you?
2. Enthusiasm and passion – What's your REASON for doing this?
3. Thinking about your goal A LOT – at the very least, on a daily basis.
4. Regularly working with and getting help from positive sources of support – talk to or read about those who have been successful
5. Moving out of your comfort zone
6. Letting go of old ways of doing things
7. Taking lots and lots of action – every day you are moving, are you moving closer to or further from your goal?
8. Correct as you go – LEARN from each experience. If one thing doesn't work, try something else.

Recognize Your Efforts

When you are moving with great momentum towards achieving your goals, it is important to appreciate yourself for the big and small changes you're making. There may be times when you feel like you're falling short of your daily plan or even going backwards. You may even find yourself criticizing your progress. This is the best time for self-appreciation, especially if you've had a tough day with some setbacks. You need to realize and anticipate that there will be good days, OK days and plain old bad days! Begin recognizing and appreciating yourself for your commitment, your drive, your focus and patience.