

Finding Your Why

Defining your Goal

What is the goal that you want to achieve?

What emotions are driving you to look for this change?

Physical representations (pictures, labs, weight, body fat percentage)

Envision the Future

How would it feel to reach your goal?

What aspects of life would be different if you were to achieve your goal?

How could it impact others?

Fear of Failure

How would it feel if you did not hit your goal?

What would happen if you did try and did not reach it?

What would happen if you never tried at all?

First Steps: regarding your goal, what could you realistically achieve in:

6 months?

Date:

1 year?

Date:

3 years?

Date:

What is one small change you can make *today*?

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Longevity: Everyone faces challenges, slips, and setbacks when implementing lifestyle change.

What challenges do you know you will face?

What are some tools that could help you get through these challenges?

What are some thinking patterns you can implement to prevent negative thinking and giving up?

Lastly: Imagine someone you care about is thinking about going after the same goal. What would you tell them?

Food for Thought

When striving to meet goals, utilize caution with the media. They frequently promote unhealthy, unrealistic, and non-sustainable methods of change (example fad diets). To be able to not only achieve your goals, but also maintain them, we want to implement change that is healthy, realistic, and sustainable. Do not be afraid to shut down the media's expectations and set your own. Implement change as gradually as needed. For example, when going after weight loss, it is okay to strive for a loss of 2 pounds a month rather than a large unrealistic number.

Additionally, I challenge you to accept yourself as a human. Life is not perfect and you do not have to be either. Let go of negative thoughts. Approach this change with acceptance of yourself, genuine openness, and grace. Humanistic psychologist Carl Rogers noted that when individuals accept themselves just as they are, that is when true genuine change can occur. Revisit the question of what would happen if you never tried at all. It is a powerful one. Why not give it a try?

Resources offered by Ridgeline Dietetics to help you on your journey to achieving your goal:

- One on one nutrition counseling
- Group series – optimal if you have a group (ex. family members, friends, coworkers) also striving for weight loss
- Lifestyle Change Reflection Journal

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