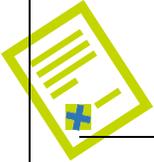


Motivate and Affirm to Maintain

You did it! You completed the *Meal Replacement Program*, transitioned from meal replacements to food, and now here you are starting the *Weight Maintenance Program*. More than likely, there was more than one motivating factor that encouraged you to keep going and helped you get to this point on your weight-loss journey. Take some time to reflect on the progress you have made and write down five current motivators to maintain or continue weight loss.

Additionally, you may have used positive affirmations throughout your journey to stay motivated and restructure your thinking. As progress is made towards reaching your goal(s), motivating factors can change. Take some time to reflect on your pattern of thoughts and write down five positive affirmations you can use to encourage continued healthy behaviors to maintain a healthy weight.



My Weight Maintenance Motivation:

Example: Family, I want to be healthy and have enough energy to spend active time outdoors with my family.



My Weight Maintenance Affirmation(s):

Example: I am capable of anything I put my mind to and my weight loss so far is evidence that I can manage my weight.



Affirmations

Affirmations are positive statements that help counter negative thoughts. With regular practice, they can even change your overall thoughts about yourself and the world around you.

Guidelines to Creating Affirmations:

1. State your affirmation in the present tense.
2. Keep it simple, personal, and realistic for you.
3. State it in a positive way (what you *are*, rather than what you are *not*).

Affirmation Examples:

- I accept myself as I am.
- I am doing the best I can and that is good enough.
- I am strong enough to face my challenges.
- I am lovable and capable.
- This is working! I can do it!
- It is OK for me to want something different.
- I can appreciate where I am while wanting something different.
- I have been making an effort and I feel great about it.
- Difficulties will come and go. I welcome challenges and grow from them.
- Each and every day I am learning and growing, and that is enough.
- I love and care for my body.
- I do not have "flaws." Every bit of me is beautiful and makes me who I am.
- I can handle this. Things will work out.
- Even when I feel pain, it does not rule me.
- I can respect my need for support from others and ask for it as needed.
- I nourish my body with foods and behaviors that are healthy for me.
- This takes time. It's a process and I can do it!
- I'm not perfect but I am improving.
- _____
- _____
- _____

How Do I Start?

- Put them on sticky notes and post them to your computer and refrigerator.
- Say them out loud to yourself each day.
- Use a dry erase marker to write one on your mirror each morning.
- _____
- _____
- _____

Using SMART Goals to Make Lifestyle Choices

Once you have figured out where you are and where you want to be with your health and weight, you can create goals for what you want to further accomplish. Setting goals that are SMART can help you make a detailed plan, stay on track, and know how to make changes to the plan if you are not making progress.

S

Specific

Specific goals are clear and state exactly what you want to happen. You should know when you've reached your goal.

Past goal: *"I want to exercise more."*

SMART goal: *"I want to do be able to walk one mile without stopping."*

M

Measurable

Measurable goals are manageable goals! How will you measure your progress? Remember that for a goal to be measurable, it must have a number in it.

Past goal: *"I want to eat more vegetables."*

SMART goal: *"I will fill half of my plate with non-starchy vegetables at every meal."*

A

Action-oriented

Action-oriented goals focus on what you need to do, rather than what you want the end result to be.

Past goal: *"I want to build strength."*

SMART goal: *"I will do 30 minutes of strength training exercises twice a week."*

R

Realistic

Realistic goals are challenging but achievable. It's not uncommon to set high goals in the excitement of beginning a new program — but unfortunately if goals are unrealistically high they can set you up for failure.

Past goal: *"I want to run a marathon."*

SMART goal: *"I will walk around the block after dinner every night."*

T

Time-limited

Time-limited goals give you a clear target to work towards, to help you stay motivated. They also have an end point for you to take a look at your progress and make changes to the goal or plan if necessary.

Past goal: *"I want to be more fit."*

SMART goal: *"I will exercise six days per week for 30 minutes until the end of the month."*



Weight Maintenance SMART Goal Worksheet

Week	Nutrition Goal	Met Goal?	Fitness Goal	Met Goal?	Mindfulness Goal	Met Goal?
Example	<i>Have 5 different vegetables and 5 fruits every day this week.</i>	Y / N	<i>Walk for 30 minutes at a mild intensity, 3 days this week.</i>	Y / N	<i>State a positive affirmation every morning.</i>	Y / N
1		Y / N		Y / N		Y / N
2		Y / N		Y / N		Y / N
3		Y / N		Y / N		Y / N
4		Y / N		Y / N		Y / N
5		Y / N		Y / N		Y / N
6		Y / N		Y / N		Y / N
7		Y / N		Y / N		Y / N
8		Y / N		Y / N		Y / N
9		Y / N		Y / N		Y / N
10		Y / N		Y / N		Y / N



Reward Yourself

Having a positive experience after a behavior can help strengthen that behavior. As you learn to change your habits and live healthier, remember to reward yourself for your efforts and successes. This will help keep up your motivation and create long-term behavior change.

Ideas of Rewards You Might Try:

- Buy yourself flowers
- Get a manicure/pedicure
- Go to the park
- Spend time with a friend
- Go swimming
- Get a massage
- Enjoy a leisurely walk
- Dance
- Go to the library
- Paint or draw
- Spend some time reading
- Write/journal
- Go to the beach
- Stretch
- Get your hair cut/styled
- Make some fun plans
- Play a card game
- Play a board game.
- Go somewhere and people watch
- Take an art class
- Treat yourself to a new outfit
- Knit/crochet
- Mail a letter to an old friend
- Watch a movie
- Take some pictures
- Play with a pet
- Join a fundraiser
- Garden
- Train for a run/walk
- Go to the local bookstore
- Take a bubble bath
- Listen to your favorite music
- Go to your local botanical gardens
- Sing out loud
- Get a facial

What are Some Others?

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

