

Medical Weight Management Full/Modified Meal Replacement Program

Welcome
We will begin promptly.

What you'll need for class today...
Something to write with and paper to write on.



Session #19: Reassessing Motivation



Mindful Minute

Check in

Successes/wins?

Challenges/struggles?

Questions?

It's your chance to let us know how we are doing

- Link in the Chat or on bookshelf

Bookshelf | Instagram | Facebook | WhatsApp | 858-616-5600

POSITIVE CHOICE INTEGRATIVE WELLNESS CENTER | thrive | Weight Program Details and Free Download (PDF) | DOWNLOAD NOW

Home | Weight Loss | Integrative Medicine | Nutrition & Fitness | Center 4 Healthy Living | Calendar | Contact

Home > Full/Modified Meal Replacement Program >

Clinic Hours

Garfield
Mon. thru Thurs. 7:30 - 12:00 pm & 1:00 - 4:30 pm
Closed 12-1 pm
Fri. 8:30 - 3:45 pm
No Meal Replacement purchase available on Fridays at Garfield.

San Marcos
Tues. 7:30 - 12:30 & 1:30 - 4:30 pm
closed 12:30 - 1:30 pm

Oray Mesa
Wed. 9-12:30 pm and 1:30-4:30 pm

Bostonia
Thurs. 9-1:30 pm and 2:30 - 4:30 pm

Full/Modified Meal Replacement Program

Contact my Counselor or Medical Team [Click here](#) | Tech Support | **Program Materials**

Medical Instruction Video for Beginning Meal replacements | Preparing for Eating Priming off Meal Replacements

Time	Instructor	Classroom
MONDAY		
4:00 PM	Brittany (was Heather G.)	Room 1
4:00 PM	Lee S.	Room 6
6:00 PM	Kay R.	Room 7
6:00 PM	Lee S.	Room 11
TUESDAY		
10:00 AM	Alli C.	Room 2
10:00 AM	Brittany (was Heather G.)	Room 1
10:00 AM	Karen (was Jessica)	Room 7
4:00 PM	Kay R.	Room 2

Program Evaluation - Medical Weight Management Meal Replacement Program

Your experience matters to us! We would like to know how we did in all areas of providing service to you, from the time you first inquired about the program through the completion of your 20-week Positive Choice Meal Replacement program. Thank you for your time! The survey will take approximately 10 minutes to complete.

Inquiry Phase: How did we do?

Please rate your experience using the Five Star scale. One star being the least satisfied and five stars being extremely satisfied.

1. Provided requested information at your first contact



2. Ensured timely enrollment in the Weight Orientation



3. Provided support to easily participate in the Virtual Weight Orientation



4. Orientation answered your questions and made transition to next steps easy

Quotes of the Week

“You choose the future with your actions each day.”

– James Clear

“Knowing is not enough;
we must apply.

Willing is not enough; we must do.”

– Johann Wolfgang von Goethe



- What are some things that you are proud of yourself for doing?
- What are you grateful for during this weight loss journey?





What separates the best athletes and everyone else:

“At some point it comes down to who can handle the boredom of training every day... Whether it’s business or sports or art, you hear people say things like, ‘It all comes down to passion.’ Or, ‘You just have to really want it.’ As a result, many of us get depressed when we lose focus or motivation because we think that successful people have a bottomless reserve of passion.

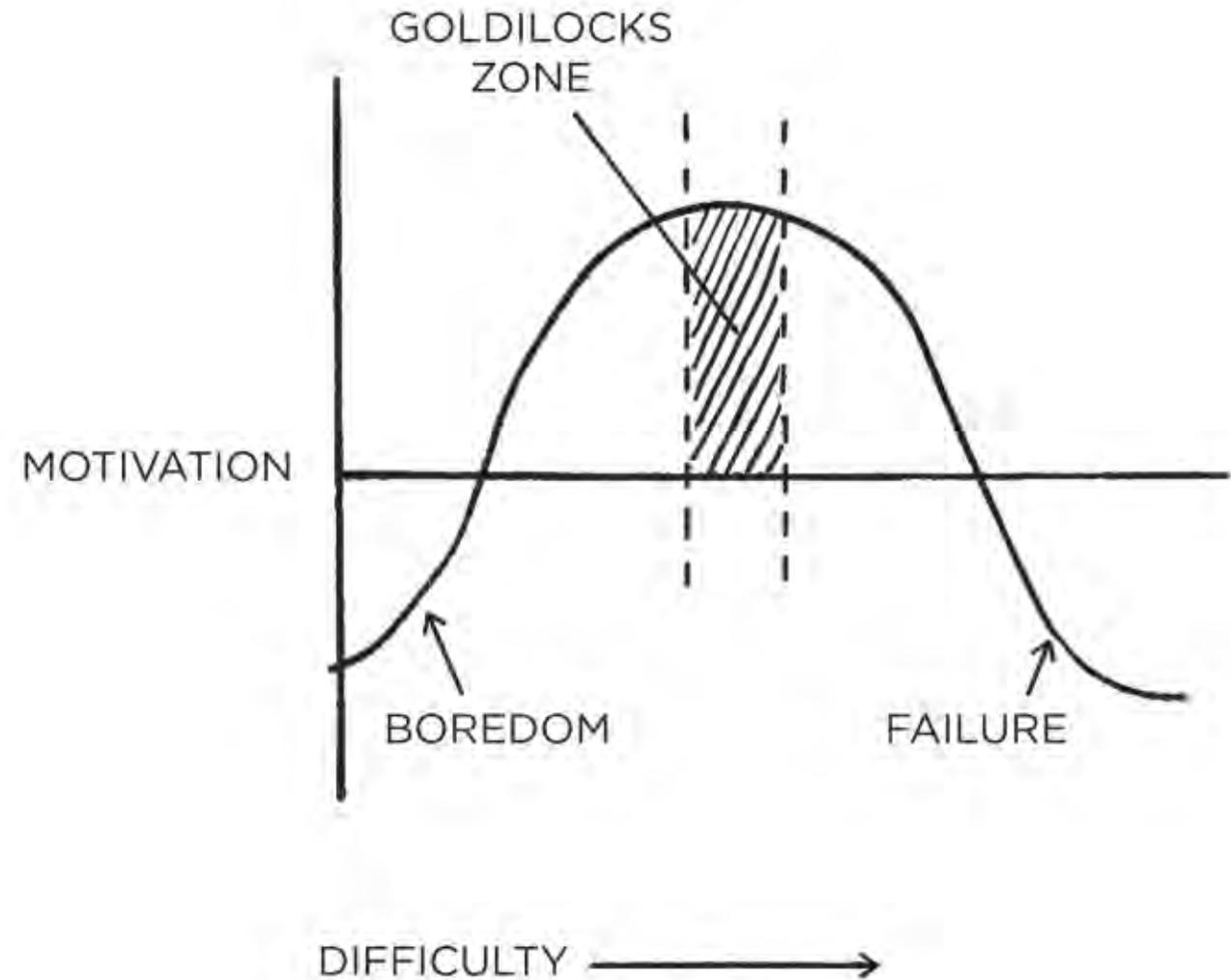
But this coach was saying that **successful people *feel* the same lack of motivation as everyone else. *The difference is they still find a way to show up despite the feelings of boredom.***”

James Clear in Atomic Habits

The Goldilocks Rule



- The more we do something, the more boring and routine it becomes (decreasing motivation) and we can more easily rationalize going back to old behaviors.
- If it's too difficult, we can lose motivation.
Example: going completely back to old behaviors can feel like a challenge to start healthy behaviors again because it's overwhelming of knowing where to start.



James Clear in Atomic Habits

The secret to staying motivated

- “The greatest threat to success is not failure, but boredom.” – James Clear
- How can you challenge yourself in a way that keeps you motivated but doesn't feel overwhelming?
- Think about people you know that are living a lifestyle that you admire. What behaviors do they do that you think you would like to do as well?

The Big Why

When you move your habits away from seeking results and instead towards the lifestyle you want, you can have FAR more success at staying committed.

- The difference between “I want to lose weight” to “I want to live a healthy lifestyle”

When you connect with the “WHY” you desire something, it brings you closer to your values!

- Such as, I want to be able to play sports with my kids, hike a mountain, see my grandchildren...

The Big Why

What's your WHY behind losing weight?

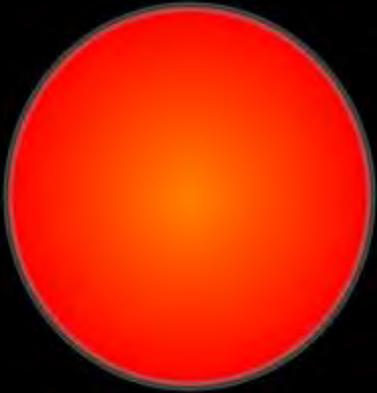


Writing out your WHY to have it be easily accessible can also help establish small things you can do everyday that fit into the lifestyle that is important to you.

For instance, if I see myself as an individual with a healthy lifestyle, I will be more likely to choose a physical activity for a social event.

Signs you are returning to old behaviors

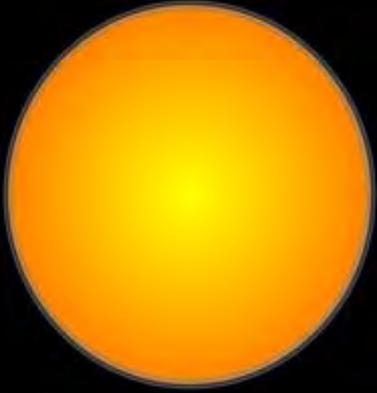
- It is critical that you become aware of slippery slope behaviors.
- As hard as it is to start a new behavior or return to a desired behavior, it only gets harder the longer you wait (think about the Goldilocks principle from before).
- The *traffic light* tool can be used to help you identify slippery slope behaviors before you get off track.



RED

These are behaviors that are warning signs you have fallen off track.

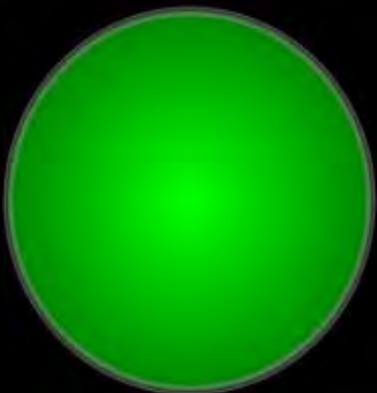
Example – eating in private, one meal a day, “I am a failure”



YELLOW

These are warning signs that you are slipping back into behaviors you want to avoid

Example– picking up fast food instead of cooking, “it’s just this one time” multiple times a week, “I’ve been so good, I deserve a treat.”

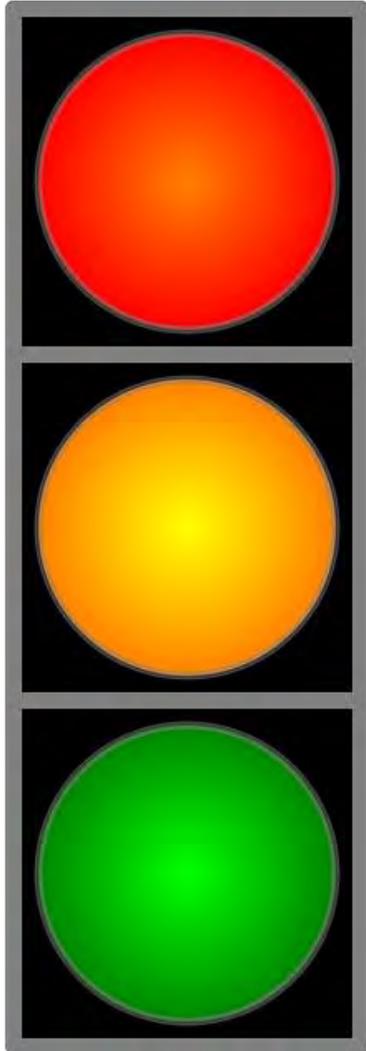


GREEN

These are behaviors that you know you want to keep up because they make you feel good.

Example– sticking with an eating schedule, keeping food records, allowing foods you enjoy in moderation, “I overdid it at lunch, I will get back to my plan for dinner.”

Take a few minutes to fill out your traffic light



- **RED** (falling off track)
- **YELLOW** (warning signs of slipping)
- **GREEN** (on track with healthier habits)

Group Questions

- What are your red-light behaviors?
- What are your yellow light behaviors?
- What are your green light behaviors?



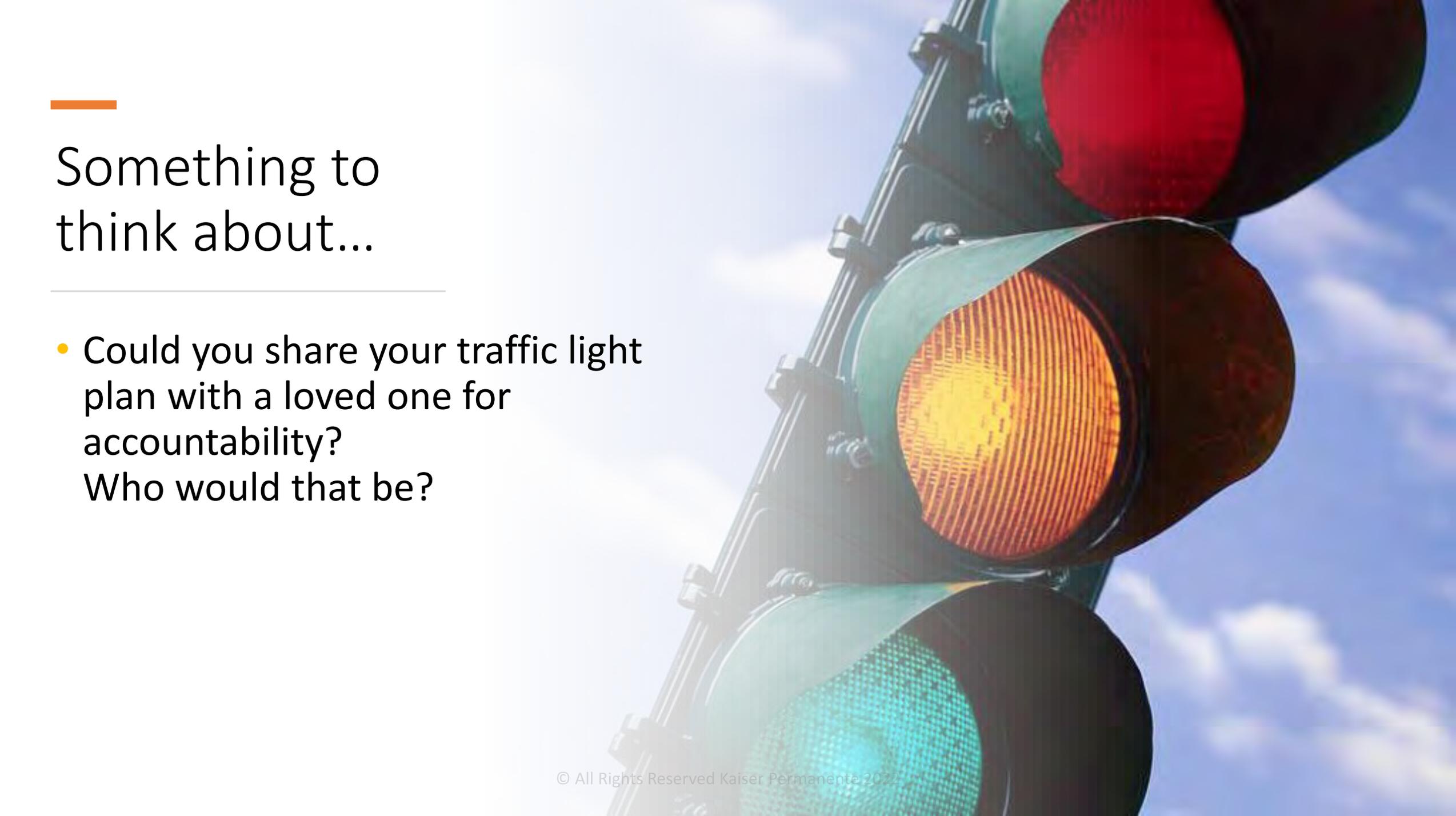


- Allowing people you trust to point out when you're slipping into yellow or red-light behavior can be helpful.
- It's important to have a conversation about how you want to be made aware of yellow or red-light behaviors.
- If you give someone the words you want to hear, it can feel less critical.



What would you like someone to say to you that would make you feel supported?

- “Honey, you told me that eating out for lunch everyday at work was a slippery behavior for you. Tell me what I can pick-up at the store, so we have healthy lunch options at home.”
- “I haven’t seen you out walking as much, want to go for a fun hike this weekend?”



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Something to think about...

- Could you share your traffic light plan with a loved one for accountability?
Who would that be?



Calm is one of the top apps for meditation and sleep. And helps you build resilience and mental fitness by using:

- guided meditations,
- self-care programs taught by world-renowned experts,
- bedtime stories narrated by celebrity guests,
- mindful movement videos, and more.
- You can access Calm for a fee through purchase at app store on your electronic device.
- KP Members can receive the Calm app at no cost during the pandemic. To get started, visit kp.org/selfcareapps

A wide, open field of tall green grass and yellow wildflowers stretches towards a horizon line. The sky is filled with large, white, fluffy clouds. In the distance, there are some trees and a low ridge. The overall scene is bright and natural.

Questions?