

POSITIVE CHOICE
INTEGRATIVE
WELLNESS CENTER | thrive

Motivation

Renew

A Weight Loss Rx Lifestyle Class

1

POSITIVE CHOICE
INTEGRATIVE
WELLNESS CENTER | thrive

Welcome to class!

Reflection Questions:

- What motivates you?
- What is your primary reason for making health changes?

Motivation

MODULE 1:
Creating a Healthy Lifestyle

Renew

A Weight Loss Rx Lifestyle Class

2

POSITIVE CHOICE
INTEGRATIVE
WELLNESS CENTER | thrive

The SELF Principle


| | | | |
|--|--|---|---|
|  <p>Sleep is health</p> <p>Poor sleep is linked to obesity, heart disease, stroke, cancer, and dementia. Aim to sleep at least 7 hours each night.</p> |  <p>Exercise is health</p> <p>Help your heart, mind and body by moving throughout the day. Find what you enjoy and do it everyday.</p> |  <p>Love is health</p> <p>Gratitude, prioritizing healthy relationships, mindfulness, and self kindness all improve overall well being.</p> |  <p>Food is health</p> <p>Food gives us life, energy, and joy. Evidence supports a whole food, plant-rich diet may improve all aspects of health.</p> |
|--|--|---|---|

3



4

My Personal Why




POSITIVE CHOICE
INTEGRATIVE
WELLNESS CENTER **thrive**

- What came up during the meditation? How did you visualize your best self?
- Where do you see yourself in one year?
- Where do you see yourself in five years?

5

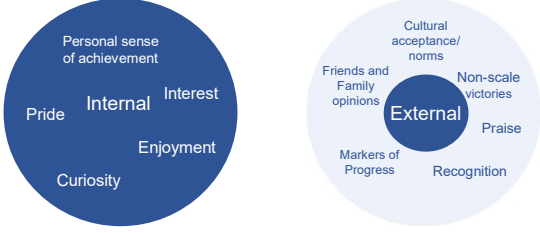


6


POSITIVE CHOICE
INTEGRATIVE
WELLNESS CENTER 

Internal VS External Motivation

As you think about your "why," think about whether you are being internally motivated or externally motivated?




7

POSITIVE CHOICE
INTEGRATIVE
WELLNESS CENTER 

Internal VS External Motivation


| Internal Motivators | External Motivators |
|--|---|
| <ul style="list-style-type: none"> • Things we do because we <i>want</i> to do them • Motivation driven by values and goals • Feel like our efforts matter • Gain satisfaction or joy from results | <ul style="list-style-type: none"> • Tangible or intangible rewards to help us stay on track. • Can help us avoid negative consequences • Can ebb and flow • Most effective when based on internal motivators |

8

POSITIVE CHOICE
INTEGRATIVE
WELLNESS CENTER 

Personal Motivators

- What are some internal motivators that are driving your decision to change?
- What are some external motivators that are driving your decision to change?



9

Rate your current motivation to change your health behaviors

Scale of 1-10
1 being low
10 being high



10

Cultivating Motivation



- Motivation naturally ebbs and flows.
- Feelings of success increase motivation and confidence.




11

Set Realistic Goals

- Meet yourself where you're at.
- Make goals based on actions.
- Set goals that are 100% achievable.





12

The Highs and Lows of Motivation


POSITIVE CHOICE INTEGRATIVE WELLNESS CENTER **thrive**

When motivation is low...



1. Reduce quantity
2. Just do the first step
3. Easy to do in 30 seconds or less
4. "Anchors of Hope"

When motivation is high...



1. Can complete a larger habit
2. Challenge yourself!
3. Ride the motivation wave

13

Success momentum

POSITIVE CHOICE INTEGRATIVE WELLNESS CENTER **thrive**

What matters most:

✓ Frequency of success

↑ Confidence

↑ Motivation



✗ Size of success

14

Example

POSITIVE CHOICE INTEGRATIVE WELLNESS CENTER **thrive**

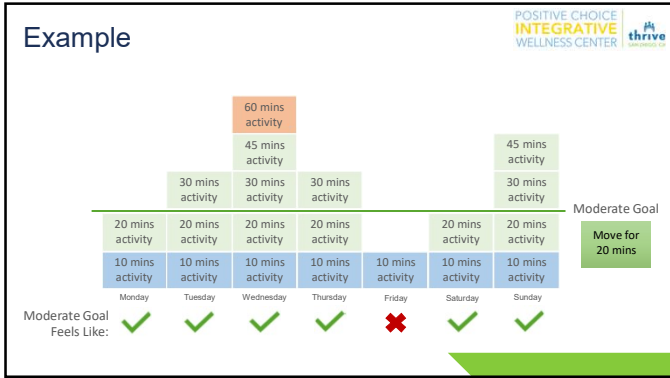
Big Goal: ✗ ✗ ✓ ✗ ✗ ✗ ✗

Feels Like: _____

| | | | | | | | | |
|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|
| | | | 60 mins activity | | | | | 45 mins activity |
| | | | 45 mins activity | | | | | 30 mins activity |
| | | 30 mins activity | 30 mins activity | 30 mins activity | | | | 20 mins activity |
| 20 mins activity | 20 mins activity | 20 mins activity | 20 mins activity | 20 mins activity | | | | 10 mins activity |
| 10 mins activity | 10 mins activity | 10 mins activity | 10 mins activity | 10 mins activity | 10 mins activity | 10 mins activity | 10 mins activity | 10 mins activity |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | | |


Big Goal: Move for 60 mins

15



16

Every time you meet a goal, you are:



- Paving the road
- Keeping a promise to yourself
- Increasing trust in yourself
- Building your confidence that you can do it again

POSITIVE CHOICE INTEGRATIVE WELLNESS CENTER thrive

17

Celebrate All Your Wins!

When you accomplish a desired habit, acknowledge your success.




I exercised today and felt better afterward!

I just finished a salad full of different colors. I'm nourishing my body!

I took a moment to recognize my hunger signals. I'm learning to honor my feelings.

POSITIVE CHOICE INTEGRATIVE WELLNESS CENTER thrive


18

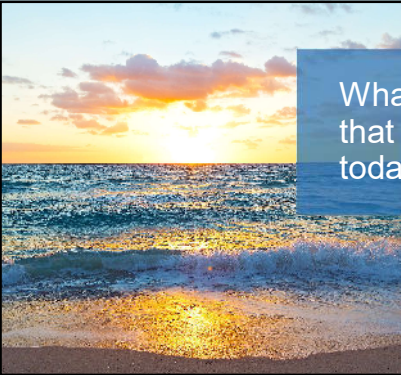
POSITIVE CHOICE
INTEGRATIVE
WELLNESS CENTER 

How Will You Celebrate?

- Examples:
 - Dance party
 - Pat on the back
 - "I'm so glad I _____ because _____"
 - Tell a friend
 - Stickers

19

POSITIVE CHOICE
INTEGRATIVE
WELLNESS CENTER 



What's one thing that stood out in today's class?

What is one small step you could take to incorporate that this week?

Add this to your journal.

20

POSITIVE CHOICE
INTEGRATIVE
WELLNESS CENTER 

Resources



positivechoice.org/renew

- Optional Meal Plan 
- Getting Started with Strength Training 
- KP Health Resources 

21
