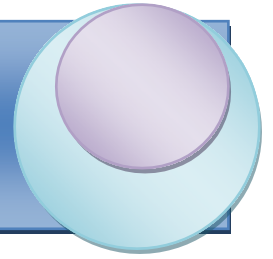


Your Best Health: Adult Weight Management Reflection Journal

Am I ready



Change isn't easy

Think about the times you've been successful in making an important change in your life or your health.

What's worked for you before?

What was different about the times you were successful?

Can you use these in your weight management plan now?

Go back to the learning module and find out about what your strengths might be.

Motivation and readiness to change: Motivation

Take a minute to think about your motivation or reasons for wanting to change.

If writing this down doesn't work for you, think about other ways you might explore and express your thoughts and feelings. Some examples are drawing, painting, or cutting images out of a magazine that reflect your reasons for change.

What are your reasons for wanting to manage your weight?

Is there anything that makes this important enough for you to want to make a change now?

What makes this valuable enough to you to make the effort now, even if you may not see the benefits for some time?

Make a list of the reasons why your goals and your health are important to you. Keep this list posted somewhere you'll see it often like on your fridge or in your cell phone.

Write down and celebrate each success you have. Even the ones that may seem small to you are very important steps on your journey to better health. For example, it may be much easier to walk to the mailbox now than when you started.

Go back to the learning module and find out about being ready to change.

Motivation and readiness to change: Readiness

To find out how ready you are, think about the questions below.

Do I see my weight as a problem?

Does my weight worry or upset me?

Am I really interested in making a change to help my health and weight?

Given everything I have going on in my life, am I ready to make a change now?

Do I believe I have all the information I need to make these changes?

Go back to the learning module and find out more about being ready and how to set goals.

Setting goals: Now that I'm ready—let's go!

Once you've come up with your plan, ask yourself:

How confident am I that this is something I will do? Rate your confidence on a scale of 1 to 10, (1 is not confident and 10 is very confident)

If you rated your confidence 7 or less out of 10 you may want to think about the following:

What might get in your way?

How can you work around this?

Is your goal the right one for you at this time? Why or why not?

Can you break your goal down into smaller, more manageable steps?

Do you need more support, skills, or other things in place to help you get there?

There's no right or wrong way to answer these questions. You can make your plan fit your needs and be realistic. In this way it will help you get to your goal.