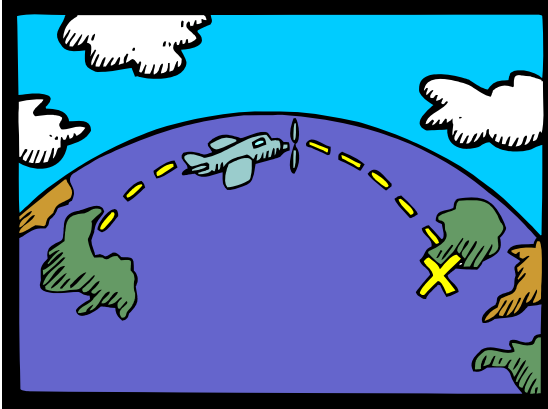


# Session 25 : Maintaining Motivation on Your Weight Loss Journey

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Welcome to the next step in your weight loss journey!



In the first six months of the PRIDE program you learned how to eat healthy and be physically active with the goal of losing weight. Our goal during the rest of this study is to help you stay **MOTIVATED** to continue these behaviors for long-term success.

When you first started losing weight, your motivation level was probably at an all-time high. You wanted to hit the ground running and start losing weight right away. But, as time wore on, some of the newness and excitement may have started to wear off.

The goal of this maintenance program is to keep you **MOTIVATED**. To stay motivated, it helps to think about why you wanted to lose weight in the first place, what your life was like before you lost weight, and the positive changes that have occurred since your weight loss.

## **Here's a brief overview of what we'll be covering:**

- **You've Come a Long Way Baby**  
In this section we will focus on why you joined this program and what it was like to be at a heavier weight. Sometimes people get so caught up in where they would "like to be" instead of focusing on how much they have already accomplished.
- **Time to Brag**  
Next you will have a chance to look at all the positive changes you have made. We will help you begin to identify yourself as someone who is a successful weight loser and/or as a person who is making healthier choices.

- **Why am I doing this anyway?**  
In these sessions you will begin to think about what values are really important to you and how to make healthy eating and exercise a part of that list!
- **Taking Care of Yourself**  
These lessons will focus on creating balance and fun in your life.
- **Commitment Language**  
These sessions help you see that motivation fluctuates over time and how you can increase your motivation by the way you talk about your behavior changes.
- **Where do you go from here?**  
The last sessions will focus on how you would like the rest of your “weight loss story” to unfold!

## Creating a scrapbook/journal

Throughout this process, we will work with you to create a scrapbook (or journal) to keep track of your weight loss journey. A few of the reasons for this are:



- It will remind you of your progress
- It will help build your identity as someone who values maintaining your weight
- It is a great way to show family and friends all the great changes you have made along your weight loss journey
- It will introduce you to the art of scrapbooking/journaling- a fun way to relax, be creative, and distract you when the urge to eat strikes!



## Homework for next session

- At our next session we will begin making the first scrapbook page. **This page will describe who you are NOW.** Think about how you want this page to look and what things best illustrate who you are today!
- There are so many different things that you can bring in. Here are just a few examples. You may want to circle things that you plan to include. There are also a few spaces for things that you may want to include that are not on this list! Don't feel limited by the list, they are just ideas to get you thinking!

Examples of items you can bring in for page 1 of your Scrapbook or Journal describing who you are NOW:

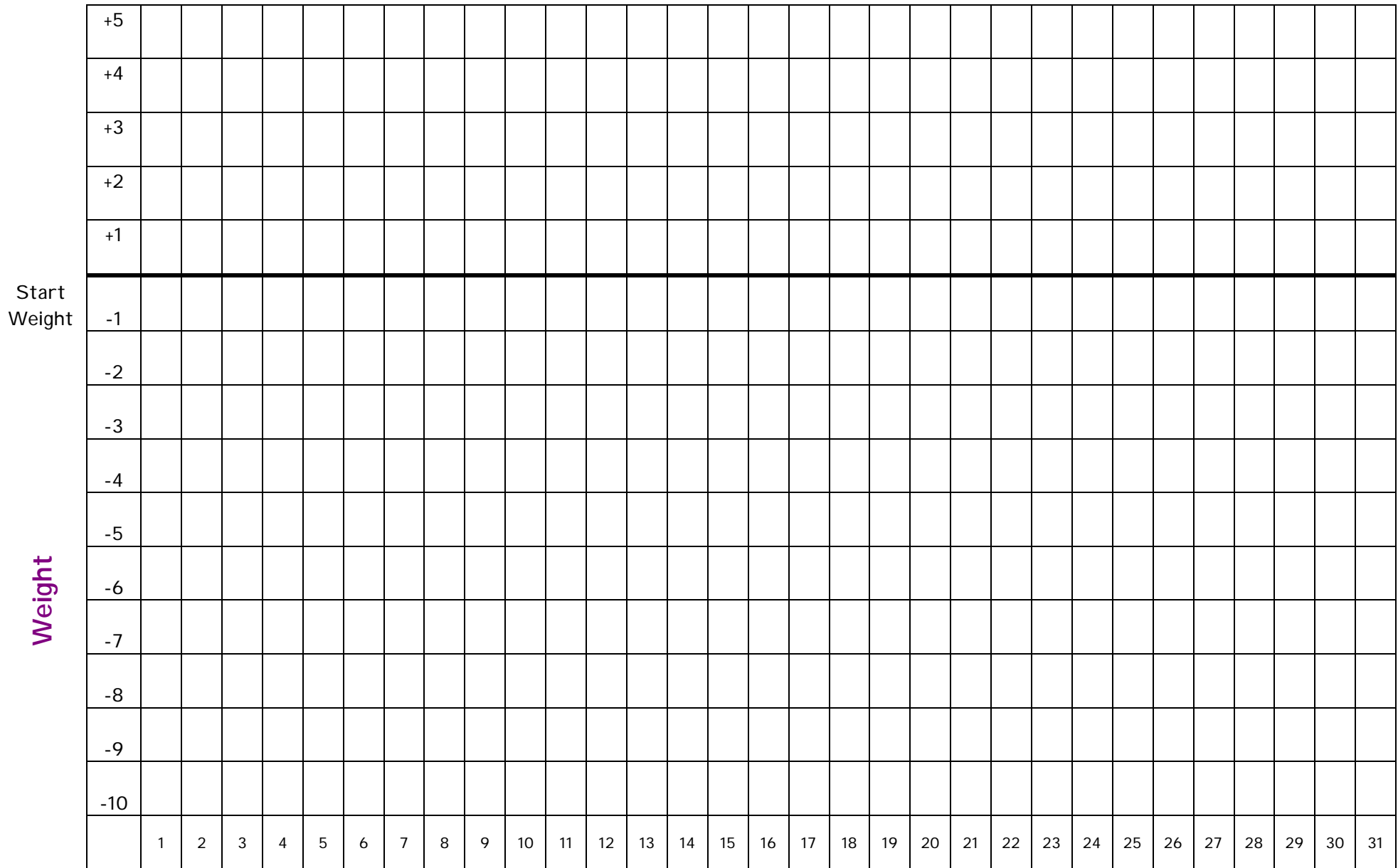
- Current picture of yourself
- Picture of yourself exercising or cooking a healthy recipe
- Page from Keeping Track diary
- Copy of a PRIDE weight graph
- Motivational quotes or pictures
- Picture of family members or other supportive people
- Receipt from the supermarket
- Current health reports
- Wrapper of a healthy food that you eat
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## PRIDE Goals



- Keep recording diet and physical activity every day
- Be active—reach a goal of at least 10,000 steps per day and at least 200 minutes per week
- Achieve and maintain a weight loss of at least 10% of your initial body weight

## "Month at a Glance" DAILY Weight Graph



## Scrap-booking Resources

(in case you would like to get more involved in the activity)

Stores:

- ❖ Michael's, A.C. Moore, Walmart, and Target

Websites:

- ❖ Scrapathome.com- they may offer classes
- ❖ Scrapbook.com
- ❖ Scrapbook.scrapbook.com/layouts
- ❖ Scrapbookjunction.com/gallery
- ❖ Bhg.com (Better Homes and Gardens)
- ❖ Creativescrapbooking.com/layouts
- ❖ Collectedmemories.com





# Session 26 : A Snapshot of you NOW – The First Scrapbook/Journal Session

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We hope that you enjoyed the first scrapbooking session! One important point about the scrapbooking sessions is that you don't have to be a "great artist" to create a "great scrapbooking page." The thing that makes it wonderful is that it is meaningful to you!

You have now completed your first scrapbook page. You should be very proud of the image you created illustrating who you are NOW in terms of healthy eating, physical activity and weight maintenance. What did you learn about yourself as you are now by working on your scrapbook/journal?

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## Thinking ahead...

At our next session, we are going to begin looking back at how things were for you before you began losing weight and/or making healthy eating and exercise changes.

**Why look back?** Sometimes when people look back and think about some of the negatives of being overweight or having unhealthy behaviors (e.g. getting out of breath when climbing the stairs, lower energy, larger clothing size, and eating high fat fast food) they are more motivated to keep their weight off.



They are motivated by the fact that they never want to go back to “my old ways” again.

At the next session we are going to help you begin remembering what life was like for you **before** starting the PRIDE program. Here are just a few questions to get you thinking about this:

- **Why did you join the PRIDE program?** For example, was there a moment that was your “personal low” or a specific event or comment that made you choose to do something about your weight?
- **What do you remember about life before joining the program?** How did you feel about yourself, how did others treat you, or did your weight/incontinence make life more difficult?
- **What were your eating and exercise behaviors like before joining the program?** For example, was your physical activity limited by your weight, fitness, or incontinence?



### Homework for next session

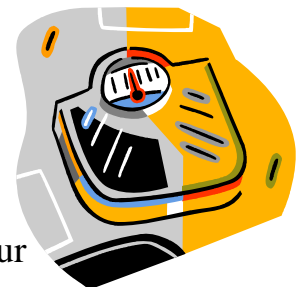
Spend some time thinking about the questions in this lesson so that we can have a lively conversation at our next group meeting.

Bring in something that reminds you of you **before** the program started. A few ideas are:

- An old picture
- Clothing in a larger size
- A report from your doctor
- A page from your diary

### PRIDE Goals

- Keep recording weight, diet and physical activity every day
- Be active—reach a goal of at least 10,000 steps per day and at least 200 minutes per week
- Achieve and maintain a weight loss of at least 10% of your initial body weight





## Session 27 : You've Come a Long Way Baby!



At times during your weight loss journey it is important to step back and remind yourself of how things were before entering the program. By looking back and thinking about the difficulties that came from being overweight, you may increase your motivation to NEVER go back to your old weight and unhealthy behaviors again!

There are different ways to remind yourself of how things were before entering the program. One approach is to read stories written by others about their weight loss journey. Reading these stories may remind you of the problems created by your weight or incontinence. Another is to

look at pictures of yourself, clothing that you used to wear or other items that remind you of your higher weight.

Take a minute to think back to the beginning of your weight loss journey. What are some things that upset you about being overweight or about having problems with incontinence? What made you decide to join the Pride program and start on this weight loss journey? Thinking about these things may motivate you to keep up your efforts to improve your eating and exercise behaviors and achieve a healthier body weight.

### Thinking ahead...

Today you were given a copy of the video you made at the beginning of this program. Plan a time during the next 2 weeks when you can spend about 30 minutes watching the video. If you do not have access to a VCR, we can arrange for you to view the tape privately at our center.



Watching the video you made may make you uncomfortable. You may find that is difficult to remember how you looked and felt at the start of the program. At our next session, each of you will have the chance to discuss your reactions to watching the video.

If possible, you should plan to watch the video two times. Often participants focus first on their physical appearance. Watching it a second time will let you focus more on what you said on the tape. Jot down the answers to the following questions after you view the tape. You may also want to “cue up” the video to sections that you think would be interesting to share with the group.

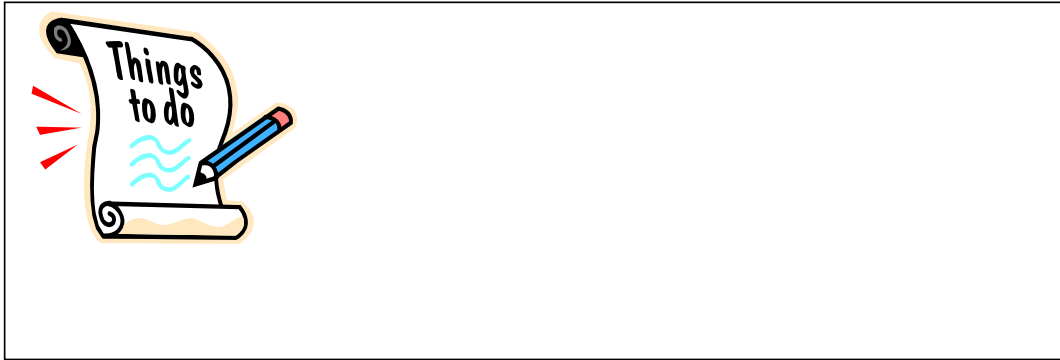
How was your life limited by your weight and/or incontinence before you entered this program?

What was most unpleasant about your weight and/or incontinence?

← - - - Formatted: Bullets and Numbering

What were you reminded about that you had forgotten?

What positive changes have you made in your life that perhaps you haven't really recognized until watching this video?



## Homework for next session

- Watch the video you made at the beginning of the program marking sections to show to others
- Complete the questions above and bring to the next session along with your video

### **PRIDE Goals**

- Keep recording weight, diet and physical activity every day
- Be active—reach a goal of at least 10,000 steps per day and at least 200 minutes per week
- Achieve and maintain a weight loss of at least 10% of your initial body weight



# Session 28 : A Live View of the Past: Discussion of Personal Video Tapes from the Beginning of PRIDE

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In preparation for this session, you were asked to watch the video you made at the start of the program. If you have not yet watched this video, we would strongly encourage you to watch it this week. Watching yourself on video makes the memories of the past more vivid. Thinking about the negative aspects of being overweight may help strengthen your desire to keep the weight off for the long term!

## Thinking ahead...

The next session is our second scrapbooking/journaling session. You will be making a page that captures your life **prior to weight loss**.

A few items that you may want to bring in for this session include:

- Old photographs reflecting a higher weight
- Any reminders about incontinence or other health problems associated with obesity
- Old medical reports with poor glucose, cholesterol or blood pressure results
- A page from an early food diary
- Personal story, poem, letter or quote
- Reminder of the money that you spent on supplies/prescriptions for incontinence or other obesity related problems, or additional money you spent on unhealthy foods
- Ads for incontinence supplies
- Notes about activities that were limited by your incontinence





## Homework for next session

Gather items to bring to the next scrapbooking/journaling session. The focus is on capturing your life **prior** to weight loss

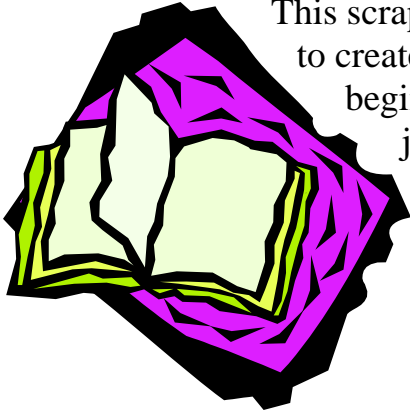
## PRIDE Goals

- Keep recording weight, diet and physical activity every day
- Be active—reach a goal of at least 10,000 steps per day and at least 200 minutes per week
- Achieve and maintain a weight loss of at least 10% of your initial body weight



# Session 29 : A Look Back at Life Before Weight Loss – The Second Scrapbook/Journal Session

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This scrapbooking/journaling session gave you the opportunity to create a visual image or written entry about your life prior to beginning this program and starting your weight loss journey. This visual image or written entry may serve as a reminder of a place you hope NEVER to go back to!

- What are your thoughts and feelings about your life before weight loss now that you just finished working on this page in your scrapbook/journal?
- What were some of your strongest memories?
- What bothered you the most about your weight and incontinence?
- How does thinking about the past help to motivate you to work hard to avoid going back there?

## Thinking ahead...

In the next sessions, the focus shifts from what was *negative* about the past to the *positive* changes that you have made since beginning this program. This series of lessons is called “Looking at Yourself NOW – Time to Brag.” In the next session, you will begin talking with the rest of the group about the positive eating and exercise changes you have made as a result of being in this program. Before the next session, think about the new eating and exercise behaviors that you are doing.



- What are some of the changes that you are proudest of?
- What are some things that you do now that you would not have done before this program?

Come to the next session “ready to brag!” By talking about positive changes that you have made, you begin to see yourself in a new light. This can inspire you to work even harder to live up to these positive images of yourself.



## Homework next session

- Begin to think about the positive changes that you have made since beginning the PRIDE program
- As you complete your keeping track book this week, look for positive changes that you have made (e.g. eating some healthy foods that you would not have in the past; exercising) and put a star next to these changes
- Come to next group prepared to “brag!”

## PRIDE Goals

- Keep recording weight, diet and physical activity every day
- Be active—reach a goal of at least 10,000 steps per day and at least 200 minutes per week
- Achieve and maintain a weight loss of at least 10% of your initial body weight



# Session 30 : It's Time to Brag – a Look at you NOW

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In this session, you began to consider the positive changes you have made since beginning the program. For some of you, it is changes in the way you eat, for other, it is increases in physical activity and for others it is successful weight loss. You should be proud of the changes you have made.

Talking about the positive changes you have made or hearing others describe your success can be very motivating. When you begin to see yourself as a success and describe your new behaviors to others, you feel that you should live up to your new image.

Slipping back to old behaviors may make you feel uncomfortable and motivate you to resume your healthy eating, exercise and weight loss/maintenance behaviors.

## Thinking ahead...

Before the next session, you are going to have the chance to hear more about the changes others have noticed in your eating and exercise behaviors. Pick a friend or family member and ask them this series of questions about the changes they have noticed. Be sure to jot down some notes and bring them to the next group session.

1. What have you noticed that is different about me since I joined PRIDE?  
(E.g., started to dress differently, exercising even when the weather is bad, setting a good example for others...)
2. Have you noticed any changes in my eating habits?
3. Have you noticed any differences in my activity or my energy level?
4. What has surprised you about the differences you've seen since I began my weight loss journey and/or began to make healthier choices?

NOTE: If the person has not noticed differences, you should tell them about some of the changes you are making and encourage them to comment when they see you



doing the behavior. (e.g. I have been trying to have fruit for desert at dinner. If you see me having some fruit, or doing other healthy behaviors, I'd appreciate your complimenting me on these changes). Many times, people are just not that perceptive and they need a little help to get clued in!



## Homework for next session

- Ask a family member or a friend the series of questions from this lesson about the changes they have noticed you making.

## PRIDE Goals

- Keep recording weight, diet and physical activity every day
- Be active—reach a goal of at least 10,000 steps per day and at least 200 minutes per week
- Achieve and maintain a weight loss of at least 10% of your initial body weight



# Session 31: “Yes, I am changing, but...”

Yes,  
but...

Often when people look at all of the positive changes they have made, instead of focusing on all the progress they have made, they focus instead on *how much more there still is to do*. Here’s an example of this type of thinking:

Sue: Julie you look great! You look like you lost a lot of weight

Julie: I did lose 30 pounds, but I have another 20 to go.

The goal of this session is to help you recognize this “Yes, but” thinking and talking and begin to change it. This type of thinking can be very discouraging. It is important to give yourself credit for all you have achieved—even if there is still more to go! You may feel that adding the “but” makes you aim higher. You can aim high, but still recognize your progress along the way.

There are two steps to changing “Yes, but” thinking:

**Step 1. Expand and emphasize the yes.** Tell yourself more about how you made the positive changes and how you felt.

**Step 2. Change the “but” to “and”.** Using “and” will let you set new goals without minimizing what you have already accomplished.

Here is an example to illustrate these two steps:

*“I ate a healthy dinner last night, BUT I should really do that every night.”*

Is  
Changed  
to:



**Step 1.** *“I ate a healthy dinner last night. I really enjoyed the low fat pasta dish I tried out of this month’s issue of Cooking Light*

**Step 2.** *AND I think I’m going to try and eat healthy a few more nights this week.*

Expanding on the “Yes” and changing “But” to “And” may help you focus on the positive steps you have already taken, while still setting a goal for further progress.

### Thinking ahead...

The goal for this week is to catch yourself using “Yes, but” thinking. Keep track in your Keeping Track book or on a piece of paper how often you do this. Also begin to change “Yes, but” thinking to “Yes, and” thinking.



### Homework for next session

- Catch yourself using “Yes, but” thinking and begin to change it to “Yes, and” instead. Keep track of your progress in your keeping track booklet.

### PRIDE Goals

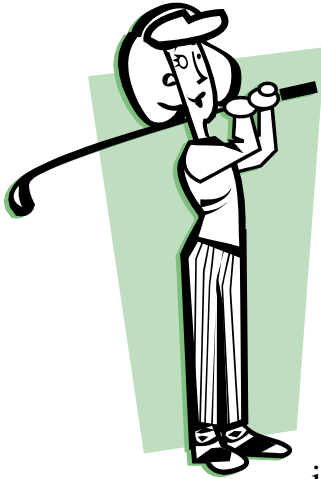
- Keep recording weight, diet and physical activity every day
- Be active—reach a goal of at least 10,000 steps per day and at least 200 minutes per week
- Achieve and maintain a weight loss of at least 10% of your initial body weight





# Session 32 : Talking the Talk

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What does it take to create a new identity? When does a person who plays golf see herself as a “golfer” or when does a new grandmother see herself as “grandma”? Sometimes actually *doing* the behavior creates or strengthens the identity. The new grandmother may not feel like one until she plays with her grandchild, talks about her grandchild, and shows pictures to others of her new grandchild.

Each week you are growing more comfortable in your new identity as a successful weight loser, healthy eater, exerciser or all three. One way to continue to strengthen your new identity is to “talk the talk” and “walk the walk”. Make sure you have the “props” you need to take on your new identity; for example, you may want to dress like a golfer to begin to see yourself as a golfer. It is also helpful to share thoughts about the changes you are making with family and friends. This may give you a bit more motivation to continue the behaviors and live up to the image you are creating. Another way to feel more like a success is to hear others talk about all the changes they notice in you.

## Thinking ahead...

This week we are asking you to practice “talking the talk.” Talk to a family member or friend about some of the positive changes that you are making. You may want to talk about new foods you buy, recipes you cook, or exercise classes that you attend. How does it feel to take on this new identity?

The next session is a scrapbooking/journaling session. The page that you are going to create will illustrate your new identity as a successful weight loser/healthy individual. If you are journaling, think about your new identity and ways you might describe your journey to others. If you are making a scrapbook, you may want to bring in a leaf from a walk you took, a page from your Keeping Track book, a label from a healthy food you are eating, or a photo showing you being active. Think about anything that highlights the changes you have made and your new identity as a person working on living a healthier lifestyle.

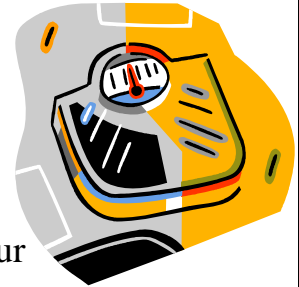


## Homework for next session

- Talk to a friend or family member about positive behavior changes that you have made contributing to your new identity as a successful weight loser, healthy eater, and/or an exerciser.
- Bring in items for the next scrapbooking/journaling page

## PRIDE Goals

- Keep recording weight, diet and physical activity every day
- Be active—reach a goal of at least 10,000 steps per day and at least 200 minutes per week
- Achieve and maintain a weight loss of at least 10% of your initial body weight



# Session 33 : I am a successful weight loser/healthy individual – The Third Scrapbooking/Journaling Session

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The past few sessions have focused on strengthening your identity as a success – a successful weight loser, healthy eater, exerciser or all three. One way to strengthen this identity is to talk to others about the changes you are making. “Painting this picture” of yourself as a success may encourage you to live up to the image you portray. Now you also have a written a journal page or created a visual image of this NEW YOU!



## Thinking ahead...

The next session will focus on the guiding forces in your life (i.e., the values or principles which govern your everyday decisions).

Take a few minutes to write down your own values. What are your overarching life values? What principles guide your life? What values are most important to you? Think broadly- not just about value that may be tied to weight and exercise.

Here are some examples of overarching values:

<b>Value</b>	<b>Description</b>
Commitment	to make enduring, meaningful commitments
Achievement	to have important accomplishments
Dependability	to be reliable and trustworthy
Family	to have a happy, loving family
Health	to be physically well and healthy
Leisure	to take time to relax and enjoy
Responsibility	to make and carry out responsible decisions
Strength	to be physically fit and strong
Faith	to support my religion in all my actions

## Important values in my life

(List the values and describe them)

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### PRIDE Goals

- Keep recording weight, diet and physical activity every day
- Be active—reach a goal of at least 10,000 steps per day and at least 200 minutes per week
- Achieve and maintain a weight loss of at least 10% of your initial body weight



### Homework for next session

Think about your Guiding Values and write them down in the space above. Come to the next group session prepared to talk about some of the ones that are most important to you .



# Session 34: Identifying the Most Important Values in Your Life

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What do you value most in life? How do your actions match what you value? Where does weight management fit in with your values? This lesson may help you answer those questions.

In the last lesson, you were given a list of values to help you think about what values or principles guide your life. Take a minute to jot down the things that you value the most:

_____	_____
_____	_____
_____	_____



Identifying your most important values can also help you think about whether you spend your time in ways that match your values. Write down the different activities that you do on a regular basis such as work, cleaning, exercise, going to church and so on. Think about how you typically spend your days on both weekdays and weekends.

_____
_____
_____

How well do your values match up with how you spend your time? Try to connect your activities with the value they support. Are there activities that you do that do not support any of your core values? As an example, perhaps you spend an hour at night surfing the Internet. Does this fit in with your values of family, health and commitment? Are there other activities that you could do that would be a better match for your values?

Think about all the changes you are making in your eating and physical activity. How do these changes fit with your values? If you value health – are you making time to exercise? Are you making healthy food choices?

Weight loss may fit with some of your values but it may conflict with other values. For example, if you value family, you may feel that taking time to exercise takes time away from your family and thus creates a conflict. It's important to think about how you can reduce any conflicts you see between weight loss and your basic values. In the example above, you might involve your family in your exercise by taking a walk or bike ride together.

It's essential to keep in mind your most important values when planning how to spend your time. Make your most important values the top priority for the day. That is the only way that you can make sure they are accomplished. Otherwise, you may fill your day with activities that do not contribute to your values, leaving no time left to accomplish the things that really matter.

### Thinking ahead...

The next session is a scrapbooking/journaling session. Bring in items, pictures or something you have written that reflects your most important values. You might want to write about or illustrate the ways in which your efforts to manage your weight can help support your core values.



### Homework for next session

Bring in items for the next scrapbooking/journaling

### PRIDE Goals

- Keep recording weight, diet and physical activity every day
- Be active—reach a goal of at least 10,000 steps per day and at least 200 minutes per week
- Achieve and maintain a weight loss of at least 10% of your initial body weight



# Session 35 : Values – The Fourth Scrapbooking/Journaling Session

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The past sessions have focused on identifying what you value the most. Now you have created a visual image identifying your personal values. This is a great page to look at from time to time to remind yourself of what is most important to you. It's good to check in with yourself on a regular basis to see if the way you spend your time actually reflects your most important values and make changes as needed.

## Thinking ahead...



The next group of sessions focuses on “taking care of you!” This is not something that many women find easy to do. They are often too busy taking care of others!

One way to focus on yourself is to spend time doing activities that you find enjoyable. At one of the next two sessions you are going to be asked to tell the others in the group about an activity that you really like to do. It can be anything...knitting, a book club, ballroom dancing, collecting antiques...anything that brings you pleasure. Plan to inspire the others in the group to try this activity for themselves. Bring any props that you have to help explain your activity. You will have about 10 minutes to present your activity.

### PRIDE Goals

- Keep recording weight, diet and physical activity every day
- Be active—reach a goal of at least 10,000 steps per day and at least 200 minutes per week
- Achieve and maintain a weight loss of at least 10% of your initial body weight





## **Homework for next session**

Prepare to tell the group about an activity you enjoy doing. Bring in any pictures or items to help you explain your activity to the group.

# Session 36: Taking care of YOU

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Many women are good at making time to care for others (children, spouse, partner, and friends.) But, they aren't always as good at taking time out for themselves! Making room in your life for self-care and activities you enjoy is key to long-term happiness and success. Some people use food as a way to relax, self-soothe or relieve stress. Doing an enjoyable activity can accomplish these same effects—but with fewer calories!

Taking care of yourself means realizing that you are important. You can take care of yourself by saying “no” when you are feeling overwhelmed, by taking a nap, by talking on the phone to a friend, or by relaxing with a good book. Or perhaps you would like to take up knitting, join a book club, learn to ballroom dance, or begin collecting something. These types of activities can add “fullness” or “value” to your life. Having something that you feel passionate about may contribute to a greater overall positive feeling about yourself. This may spill over into treating yourself better in terms of healthy eating and physical activity. A list of pleasurable activities is included with this handout. It has lots of ideas of ways you can be good to yourself.

Things can get in the way of taking time out for YOU – lack of time, caring for others, or simply feeling guilty or selfish that you are taking time out for something pleasurable. Think about this quote the next time you feel that way. It's adapted from O Magazine (Oprah's Magazine.)

“The bottom line is, you cannot lose weight until you make yourself enough of a priority to do the things you need to do to make it happen. People always say, “I have to be there for the kids,” “I've got too much work.” You know what? These are little lies you're telling yourself, and they go against the laws of self-preservation, because the more whole and healthy you are, the more fully you can give to other people. And that's the truth. I'm not asking anyone to abandon her children. I'm just saying: Put yourself at the top of the list so you can treat your body with as much care and respect as you'd give to someone else's – and when anyone needs something from you, you will be operating from a full cup.”

## Thinking ahead...

The next session is dedicated to finishing up the participant presentations about the activity that you are “passionate” about. Come prepared to share if you did not get a chance at this session. After the completion of all the presentations, the group will be presented with a resource list detailing all of these activities. That way, if your interest level was sparked by something someone said, you can obtain more information.

# Let me count the ways...to be good to myself.

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1. Soak in the bathtub.
2. Plan my career.
3. Collect shells.
4. Recycle old items.
5. Go on a date.
6. Buy flowers.
7. Go to a movie in the middle of the week.
8. Walk or jog.
9. Listen to music.
10. Recall past parties.
11. Buy household gadgets.
12. Read a humor book.
13. Think about my past trips.
14. Listen to others.
15. Read magazines or newspapers.
16. Do woodworking.
17. Build a model.
18. Spend an evening with good friends.
19. Plan a day's activities.
20. Meet new people.
21. Remember beautiful scenery.
22. Save money.
23. Go home from work.
24. Practice karate, judo, yoga.
25. Think about retirement.
26. Repair things.
27. Work on my car or bicycle.
28. Remember the words and deeds of loving people.
29. Wear sexy clothes.
30. Have a quiet evening.
31. Collect coins.
32. Take care of my plants.
33. Buy or sell stock.
34. Go swimming.
35. Doodle.
36. Collect old things.
37. Go to a party.
38. Think about buying things.
39. Play golf.
40. Play soccer.
41. Fly a kite.
42. Have a discussion with friends.
43. Have a family get-together.
44. Take a day off with nothing to do.
45. Arrange flowers.
46. Have sex.
47. Ride a motorcycle.
48. Practice religion (go to church, pray).
49. Go to the beach.
50. Sing around the house.
51. Go skating.
52. Paint.
53. Do needlepoint, crewel, knitting, sewing, etc.
54. Take a nap.
55. Entertain.
56. Go to a club meeting.
57. Go hunting.
58. Sing with groups.
59. Flirt.
60. Play a musical instrument.
61. Make a gift for someone.
62. Collect postcards.
63. Buy a record, tape, or CD.
64. Plan a party.
65. Go hiking.
66. Write a love poem.
67. Buy clothes.
68. Go sightseeing.
69. Garden.
70. Go to the beauty parlor.
71. Play cards, chess, etc.
72. Buy a book.
73. Watch children play.
74. Write a letter.
75. Write in a diary.
76. Go to a play or concert.
77. Daydream.
78. Plan to go to school.
79. Go for a drive.
80. Listen to music.
81. Refinish furniture.
82. Make lists of things to do.
83. Go bike riding.
84. Take a walk in the woods.
85. Buy a gift for someone.
86. Visit a national park.
87. Take photographs.
88. Go fishing.
89. Play with animals.
90. Read fiction.
91. Watch an old movie.
92. Go dancing.
93. Meditate.
94. Play volleyball.
95. Read nonfiction.
96. Go bowling.
97. Go to the mountains.
98. Think about happy moments in my childhood.
99. See or show photographs or slides.
100. Play cards, chess, checkers, etc.
101. Solve riddles.
102. Have a political discussion.
103. Play softball.
104. Do crossword puzzles.
105. Shoot pool.
106. Dress up and look nice.
107. Think about how I've improved.
108. Buy something for myself (perfume, golf balls, etc.)
109. Talk on the phone.
110. Kiss.
111. Go to a museum.
112. Light candles.
113. Get a massage.
114. Say "I love you."
115. Take a sauna or steam bath.
116. Go skiing.
117. Have an aquarium.
118. Go horseback riding.
119. Do a jigsaw puzzle.
120. Go window shopping.
121. Send a greeting card to someone you care about.

Other ideas:

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## PRIDE Goals

- Keep recording weight, diet and physical activity every day
- Be active—reach a goal of at least 10,000 steps per day and at least 200 minutes per week
- Achieve and maintain a weight loss of at least 10% of your initial body weight



## Homework for next session

Prepare to tell the group about an activity you enjoy doing if you didn't have a turn this week. Bring in any pictures or items to help you explain your activity to the group.



As we have discussed, adding pleasurable activities into your daily life is beneficial in so many ways. Hopefully, these past two sessions have given you some good ideas of new things to try. A resource list will be created and distributed at the next session summarizing the information presented.

Your current eating and exercise behaviors may or may not give you pleasure. Although it is terrific if they do in fact bring you pleasure, there are many self-care activities that you probably do that are not particularly pleasant (like brushing your teeth). Think about what helps you keep doing these behaviors....

## Thinking ahead...

The next session is a scrapbooking/journaling session. The theme is to create a page about pleasurable activities that you enjoy. Come to the session with pictures, items, words or anything else to help create this page.

### PRIDE Goals

- Keep recording weight, diet and physical activity every day
- Be active—reach a goal of at least 10,000 steps per day and at least 200 minutes per week
- Achieve and maintain a weight loss of at least 10% of your initial body weight



### Homework for next session

Bring in items to use when creating a scrapbooking/journal page about pleasurable activities that you enjoy doing.



# Session 38: The Pleasures in your life- the Fifth Scrapbooking/Journaling Session

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The past sessions have focused on making time for yourself to do things that you enjoy. These can include small “indulgences” such as taking a warm bubble bath, reading a book, calling a friend or getting a massage. We also talked about finding an activity or hobby that you are “passionate” about such as photography, ballroom dancing or knitting. Those are just a few of the many possibilities.

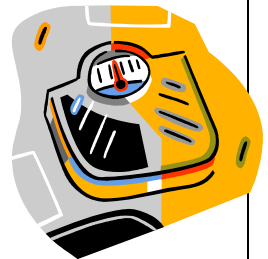
This scrapbook/journal page will reflect all the many different ways you take time out for yourself. The pictures, words, poems, or items will represent these different activities. Hopefully this page will be full with many different things that you enjoy and will inspire you over time to remember to take time out for YOU!

## Thinking ahead...

The next few lessons are aimed at helping you focus on ways to increase your commitment to weight loss maintenance. You will learn ways to stay motivated for the long-term.

### PRIDE Goals

- Keep recording weight, diet and physical activity every day
- Be active—reach a goal of at least 10,000 steps per day and at least 200 minutes per week
- Achieve and maintain a weight loss of at least 10% of your initial body weight

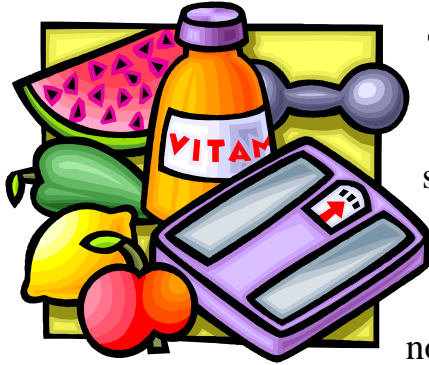




In your keeping track diary, record any “self-care” activities and hobbies that you do over the next two weeks.

# Session 39: Commitment to Weight Loss and Maintenance

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This week's session focused on your motivation to continue working on changing your diet and exercise behaviors. What motivated you to get started with PRIDE may be different from what motivates you now and makes you want to keep working on weight loss and maintenance. It is important to think about what is motivating you now so that you can make the most of it.

We talked about some behaviors that you have been able to change that seemed pretty tough at first. Thinking about what helped you achieve these behaviors may help you learn how to change other behaviors. It may also help you see that you have the ability to be successful at changing behaviors even when they seem hard to change.

Think about a behavior that seemed tough at first, but then you achieved:

- What made this behavior seem so unachievable?
- How motivated were you to change this behavior?
- Why do you think you succeeded at changing this behavior?
- How do you get yourself to do this behavior when you don't want to?

Now think about a behavior that you are not doing successfully at this time but think would really help you in your weight management efforts. For example, perhaps you are not exercising as much as you would like you. What can you learn from your prior success that you can apply here? Once you've identified the key to your own success, you can apply that "key" to other areas where you've been struggling more.

The following worksheet will help you in this process:

## Worksheet

1. An example of a behavior that I do not do routinely or stopped doing routinely that I believe would be important in helping me lose weight and maintain it:

2. Why do I think I have not been successful at changing this behavior?

3. How important do I think this behavior would be to my success at weight control? (circle one)

0   1   2   3   4   5   6   7   8   9   10  
not important very important

4. How motivated am I to change this behavior? (circle one)

0   1   2   3   4   5   6   7   8   9   10  
I have no motivation I am highly motivated

5. What are some reasons for doing this behavior?

- 1.
- 2.
- 3.

6. What allowed me to succeed at other behaviors that seemed so hard at first?

7. What can I learn from my successes that I can apply here?

8. Here is my specific plan for increasing this behavior:

## PRIDE Goals

- Keep recording weight, diet and physical activity every day
- Be active—reach a goal of at least 10,000 steps per day and at least 200 minutes per week
- Achieve and maintain a weight loss of at least 10% of your initial body weight



## Homework for next session

Create a sign which contains some of the answers from this worksheet and affix it next to your scale or some other visible spot so that you can review it each morning. The sign should capture **what** this behavior is, **why** you want to change it, and **how** you will do so (your answers to items 1, 5, and 8 above). (see example below) Monitor your progress in your Keeping Track book.

### Using keys to open the door to behavior change

What behavior?	Exercise on 5 or more days this week
Why change?	I feel better about myself and eat healthier when I'm exercising
How to change?	1. Hang up this sign to remind me 2. Put my exercise shoes out the night before 3. Tell a friend or support person about my plan

# Using keys to open the door to Behavior Change

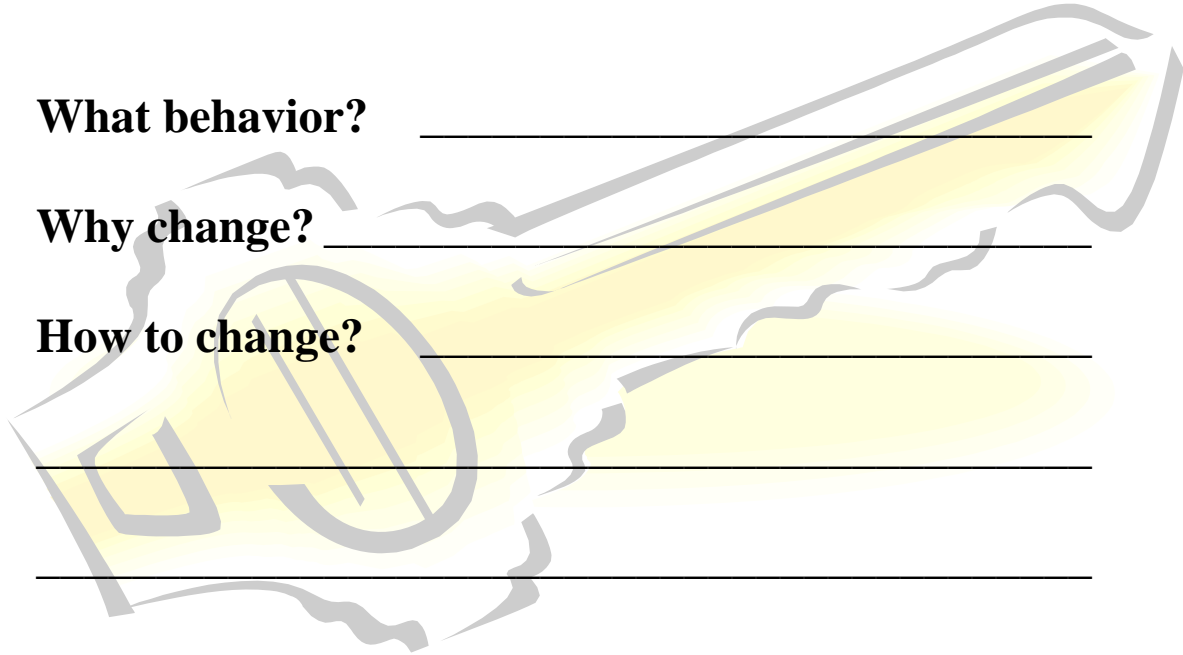
**What behavior?** \_\_\_\_\_

**Why change?** \_\_\_\_\_

**How to change?** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# Session 40: Say it with Commitment

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The strength of your language determines your level of commitment. You will be more likely to take a walk today if you use words like: “I promise to take a walk today” rather than “I will think about taking a walk.” Try to use the strongest verbs you can to really pledge yourself to change your behavior. Other ways to increase commitment include sharing your plan with another person or writing it down. Also, locking yourself into an activity increases the chances that you will do it—for example, if you tell your friend you will meet them at the park at 10:00 am for a walk, you will be there!

## PRIDE Goals

- Keep recording weight, diet and physical activity every day
- Be active—reach a goal of at least 10,000 steps per day and at least 200 minutes per week
- Achieve and maintain a weight loss of at least 10% of your initial body weight

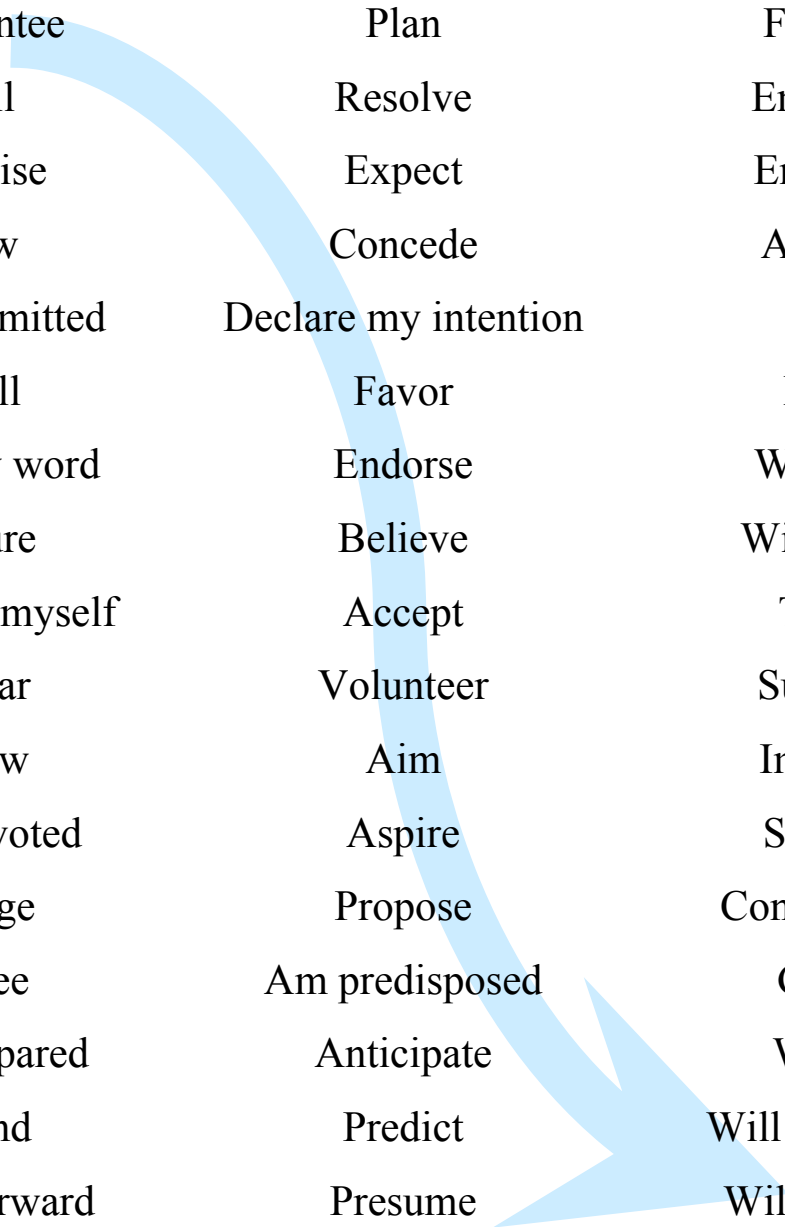


## Homework for next session

Identify a weight maintenance behavior that you can really commit to. Write down your plan using strong commitment language. Next, put that plan into practice. Finally, keep track in your diary whether you are keeping your commitment.

## Verbs in Decreasing Order of Speaker Commitment

**Strongest  
Commitment Strength**



Guarantee	Plan	Foresee
Will	Resolve	Envisage
Promise	Expect	Envision
Vow	Concede	Assume
Am committed	Declare my intention	Bet
Shall	Favor	Hope
Give my word	Endorse	Will risk
Assure	Believe	Will try to
Dedicate myself	Accept	Think
Swear	Volunteer	Suppose
Know	Aim	Imagine
Am devoted	Aspire	Suspect
Pledge	Propose	Contemplate
Agree	Am predisposed	Guess
Am prepared	Anticipate	Wager
Intend	Predict	Will see about
Look forward	Presume	Will gamble
Consent	Mean to	

**Weakest commitment  
Strength**

\*From Amrhein, P.C. & Martinez, B. (1993, November). *Verbal commitments and gestures: Exploring the connection*. Thirty-fourth Annual Meeting of the Psychonomic Society, Washington, D.C.



## Participant Worksheet – Session 40

*Susan has been invited to a restaurant. Here is how she prepares for this event: “I know this meal is going to be hard for me. I will try to deal with it so I can stay under my calorie goal. I will think about calling the restaurant to see what they serve; I assume though that it will have some low calorie choices or perhaps I can just avoid some of the higher calorie choices. I imagine I will just skip the high calorie things to eat.*

*Susan has been invited to a restaurant. Here is how she prepares for this event: “I know this meal is going to be hard for me. I \_\_\_\_\_ deal with it so I can stay under my calorie goal. I \_\_\_\_\_ call the restaurant to see what they serve; I \_\_\_\_\_ though that it will have some low calorie choices or \_\_\_\_\_ I can just avoid some of the higher calorie choices. I \_\_\_\_\_ I will just skip the high calorie things to eat.*

Here is an example of a Commitment Contract from *O Magazine*. You may want to modify it or write your own.

*“I (name here) hereby commit to X weeks of regular vigorous exercise and to self-control when it comes to eating. I will be focused on challenging my abilities in the pursuit of elevating my physical performance. I resolve to be conscious of when and why I eat and to eat simply to satisfy my nutritional needs as opposed to my emotional needs. I intend to make healthful food choices. Further I will reaffirm my commitment to myself by using strong “commitment language” to describe my diet and physical activity goals. I realize that this contract is solely with myself and that it carries no rewards, penalties, or punishments other than those associated with the reflection of my commitment to taking care of myself and living a full life”. Sign and date. Stick it on fridge.*

### **My Commitment Contract**

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## Weight Maintenance Behaviors

Below is a list of behaviors that people have used to help them maintain their weight loss (and lose more weight, if desired). Check off the ones you are already doing, and **choose one** that you want to refine (or do more of). Feel free to write down another behavior that you want to work on that is not on the list.

Below the list, write a commitment statement related to this behavior using strong commitment language. Also indicate *how* you will strengthen your commitment to doing this.

- Use of fat/calorie modified foods (low fat, fat-free products)
- Shopping from a list
- Leaving food on my plate (or having it packed to go when eating out at restaurants)
- Storing food in containers where it is not readily visible or in a closed cupboard
- Deciding ahead of time what to eat for meals and snacks
- Keeping few high-fat foods in my house
- Keeping many healthy foods in my house
- Decreasing the number of times I eat out in restaurants or at other people's homes
- Making adjustments *before or after* a period of overeating to compensate for it (e.g., eating less or exercising more)
- Engaging in regular exercise
- Exercising even when I don't feel like it (e.g., by honoring a commitment to walk with a friend, laying out my walking clothes, setting the alarm early to exercise first thing, in the morning, etc.)
- Rewarding myself (with a non-food treat) after I exercise
- Weighing myself daily
- Recording my daily food intake and exercise (e.g., in the Keeping Track book)
- Reminding myself of why I want to maintain my weight loss (or continue to lose weight) when I am tempted to eat something high in calories
- Other (be specific) \_\_\_\_\_

### Commitment Statement:

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# Session 41: Choose your own adventure



In this session, you considered how the future might play out for you as far as your eating and exercise behaviors and your weight control are concerned. Thinking about what your life would be like if you went back to your old eating and exercise habits may help motivate you to keep working to adopt healthier behaviors. Alternatively, thinking about what your life would be like in your most perfect or ideal image may help you see what is realistic versus what is fantasy. While you're not likely to experience the

very best or very worst-case scenarios, you can happily find yourself somewhere in between – this is the most realistic outcome. However, it will take continued commitment to behavior change. Remember that you are the master of your own fate. You are the author of the next chapter of your story! You get to choose your own adventure...

If you did not get a chance to complete the written version of your realistic story, you can use the questions below to guide you in completing it:

What would things be like if you kept up your new eating and exercise behaviors (and maybe even got more active over time)? What can you realistically expect weight loss will accomplish? Are there some steps you can take to make some aspects of the “fantasy” come true?

*Picture yourself one year from now:*

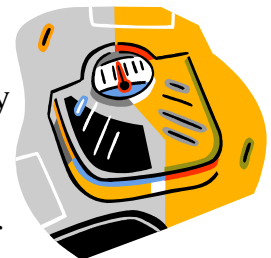
*Describe a day in your life: What would you be like? How would you look? How would you feel about yourself?*

*What would your health be like? Your relationships?*

*What aspects of this image are positive? which are negative?*

## **PRIDE Goals**

- Keep recording weight, diet and physical activity every day
- Be active—reach a goal of at least 10,000 steps per day and at least 200 minutes per week
- Achieve and maintain a weight loss of at least 10% of your initial body weight



## Homework for next session



Finish writing the realistic version of your “Choose your own Adventure “ story. Bring the completed version to the next session. At the next session, you will create a final page (or pages) of your scrap-book or journal about the future and you may want to include your story on this page. Bring any other images, quotes, writings that help you think about what you see for the future. In addition, bring the commitment statement you made 2 weeks ago so that you can include a copy of it in the scrapbook. This will also be your opportunity to complete any other unfinished scrapbook pages.

# Session 42 : The Future – The Final Scrapbooking/Journaling Session

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You've now had the chance to reflect on what the future may hold for you. Remember that as long as you continue practicing the positive eating and exercise behaviors today that you did yesterday, you will continue to experience success.

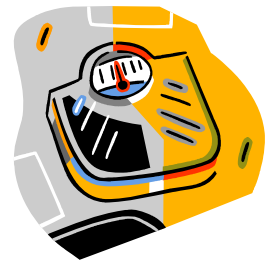
Since the program will be ending soon, now is the time to begin thinking about how you can make your vision of the future come true. What can you do to keep renewing your commitment to behavior change?

## Thinking ahead...

Over the next few sessions, we will re-visit the videotape that you made at the start of the program. We will ask you to reflect on many of the same questions that we originally posed to you so that you can compare “then” and “now”.

### PRIDE Goals

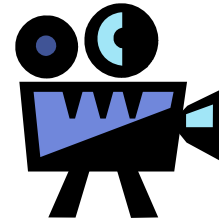
- Keep recording weight, diet and physical activity every day
- Be active—reach a goal of at least 10,000 steps per day and at least 200 minutes per week
- Achieve and maintain a weight loss of at least 10% of your initial body weight



### Homework for next session

Re-watch the video you made at the start of the program and answer the questions on the following page.

**Homework Handout – Session 42**  
**What to watch and listen for**



**What to do:** Watch the video you made at the start of this program and listen to your answers to the questions we asked. Please write your responses to the following questions:

**What did you say on the video about the following questions:**

1. What motivated you when you first started PRIDE?

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2. What barriers did you note in the original interview? What was your weight and incontinence preventing you from being able to do?

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3. How did think you would cope with the most challenging part of changing your diet and exercise behaviors?

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4. How did you rate yourself as a healthy eater on a scale of 0-10, with 10 being an extremely healthy eater and 0 being not at all a healthy eater on the video?

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5. How did you rate yourself on the video as an exerciser, or someone who engages regularly in physical activity on a scale of 0-10, with 10 being very active and 0 being not at all active?

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6. How important was it to you to lose weight?

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7. What values did you talk about on the video?

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8. Did you hear yourself say anything else on the video that you would like to follow-up on?

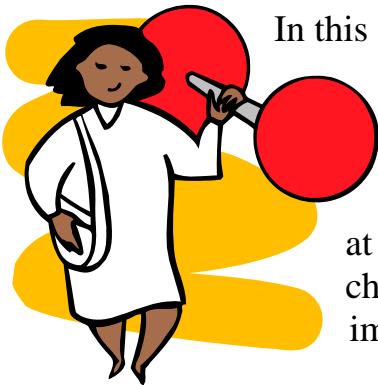
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# Session 43: The Evolving Me

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In this session you had a chance to re-watch the video you made close to 18 months ago. You are not the same person now that you were at the start of the program. You have made many changes in your eating and exercise behaviors. Watching the video at this time may help you realize what things have changed and where there is still room for improvement.

On the video you were asked about your commitment to healthy eating and exercise, the challenges and barriers you face, and your motivation. In reviewing these themes, there are a couple of things you may want to keep in mind:

## Healthy eating and exercise:

- Thinking back about your eating and exercise before the program can help you see how far you've come. It may help remind you that you don't want to go back to those old behaviors.
- Your ratings of how healthy your eating and exercise would be in the future may have overshot the mark. With many months of careful eating and exercise under your belt, you may now realize that no one can eat healthy 100% of the time or exercise on all intended occasions.

**It's important to have realistic expectations for yourself!**

## Challenges and Barriers

- There are many challenges that you have managed to overcome in these last months. Good for you! Yet, there are probably some areas that continue to be hard.

## What continues to get in your way of your healthy eating and exercise goals?

- Think about what has helped you deal with other problem related to your eating and activity.

## How can you apply those strategies to the challenges you continue to face?

### Motivation/Commitment

- Watching your video probably reminded you of how motivated you were at the start of the program. After losing some weight and attending meetings for all this time, your motivation may have decreased. It is helpful to ask yourself how satisfied you are with what you have achieved; where you would place yourself on a scale of 1 – 10 (with 10 = extremely satisfied)? If you are not fully satisfied and want to achieve further change, it is important to find ways to increase your motivation to a higher level.
- One thing to think about is whether the source of your motivation for weight control has changed over time. Perhaps initially you wanted to eat healthier and exercise more in order to take less medication or have more energy. Your healthier lifestyle may already have helped accomplish those goals. What other goals would you like to accomplish now? Thinking about your values and your goals may help you find the motivation to keep working on weight control.

As we said at the beginning, you have embarked on a journey and this one doesn't end. Keep up the great work!

### **PRIDE Goals**

- Keep recording weight, diet and physical activity every day
- Be active—reach a goal of at least 10,000 steps per day and at least 200 minutes per week
- Achieve and maintain a weight loss of at least 10% of your initial body weight





## Homework for next session

At our next session, we will review the major themes/principles that we covered in the last 12 months. To plan for that lesson, please look back over the materials you have received during the past 12 months of the program and think about what topics were most helpful to you.

# Session 44: A Trip Down Memory Lane

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You have been on a journey- hopefully a life-changing one! Like any journey, it can be fun to look back and reflect on the highlights, memories, most moving moments, etc. Here is a list of the themes we have covered in the past 12 months. Put an asterisk next to those that have been most meaningful to you. What made these experiences meaningful?

1. Change “yes, but” talk to “yes, and”. (NOTE: we will list specific themes in the next version.)

2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

One of the reasons that it is important to call up these memories is that by identifying what worked well for you or what really moved you, you can think about how to bring these experiences to life again once the program is over..

(If you missed the lesson, be sure to get a magnet from your leader with one of the program mottos/memories. The magnet can go on your refrigerator so that the memory stays fresh!)

At the next session we are going to make a group video. You will get a copy of the video at the end of the program and hopefully it will help you keep focused on your journey. Although the video will be just for you and the other members of your group, we want you to pretend that we are making the video for someone who is just embarking on her own weight loss journey. Now that you are ‘old pros’, what would your message be to the novice weight loser? What would have been helpful for you to know or to hear from others at the start of your journey? You don’t have to participate

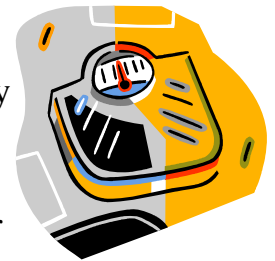
on camera if you prefer not to, but we hope everyone will participate by sharing their “messages”.

Here are 2 questions to consider in thinking about this:

1. Describe a positive thing you did to reach or maintain your weight loss or physical activities or diet goals?
2. How did you manage to overcome a specific challenge you faced in changing your diet, exercise, or weight?

## **PRIDE Goals**

- Keep recording weight, diet and physical activity every day
- Be active—reach a goal of at least 10,000 steps per day and at least 200 minutes per week
- Achieve and maintain a weight loss of at least 10% of your initial body weight



## **Homework for next session**

Take some time to reflect on how you will respond to the 2 questions above for the video next time. Also, think about any other comments/messages you would like to convey- things that you would have liked to have known when you first embarked on your weight loss journey.

# Session 45: You're on Candid Camera

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In this session, you were in the spotlight and became the expert, teaching others about weight loss and maintenance. With the camera going, you described a positive action you took to meet your diet, weight loss, or physical activity goals and discussed a challenge you overcame in changing your diet, weight, or physical activity level.

You were asked to present yourself as an expert and to focus on the positive changes you have made. Perhaps you realized that you know a lot more than you thought you did! Hopefully it was also a good opportunity to think about how far you've come and to recognize your success in dealing with difficult parts of behavior change.

Making the video was a way to help you maintain your healthy eating and exercise habits and your weight loss by reinforcing two themes:

- Publicly declaring or presenting your self as an expert or at least as someone who has worked hard in this area and made positive changes. Presenting yourself in this way will hopefully encourage you to live up to this image.
- Taking stock of your progress so that you can appreciate it and remember why you don't want to let it slide.

As you move forward, you will want to continue to find ways to capitalize on these themes. Comparing the video you made at the start of the program and the one you made at this session may help you see the changes that have occurred not only in the physical YOU but, more importantly, in your self-confidence and your approach to weight control.

## PRIDE Goals

- Keep recording weight, diet and physical activity every day
- Be active—reach a goal of at least 10,000 steps per day and at least 200 minutes per week
- Achieve and maintain a weight loss of at least 10% of your initial body weight



## Homework for next session

Take some time to reflect on what you find most helpful about being in this program. How you will keep the themes of the program alive in your life once it ends? How will you continue to remind yourself of your progress? How will you continue to reinforce your identity as a successful weight loser? How will you maintain your accountability and motivation?

# Session 46: Creating a Culture of Support

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Hopefully you feel that being in this weight control program has helped you learn new weight control skills and stay on track. Now you may be worried about how you will do after the program ends. Two of the reasons the program may have helped you is that you knew you had your own cheering section (made up of your fellow PRIDE participants and the PRIDE staff) and you knew you had to “report in” on a regular basis (i.e., you were accountable for your progress).

While it’s true that with the end of the program, the support and accountability you have grown accustomed to will end, that does not mean they need to disappear! You can find ways to keep these ingredients alive and well and therefore keep your motivation and positive behaviors going strong. Here are some examples of how you can do this:

## **Examples to sustain support:**

- Make your home environment support your new behaviors by subscribing to magazines which offer health/exercise/nutrition tips, purchasing equipment/gear to support exercise, buying some healthy cookbooks or cooking equipment
- Find new buddies to support your behaviors. For example, you could join an outdoor group, develop a buddy system, share your scrapbook with a friend, or stay in touch with your fellow Pride participants
- Motivate yourself to maintain your healthy behaviors by subscribing to an online listserv or website which sends regular email messages with healthy themes or by setting goals and/or personal challenges on a regular basis. You might also identify special events for showcasing a new outfit or your increased physical fitness.



- Increase your identity as a successful weight loser by speaking to groups about your weight loss journey or by mentoring others as they try to lose weight.

**Examples to sustain accountability:**

- Joining another weight loss program or arranging to get weighed at set times at your doctor’s office; keeping a record of your weight at home which you can then bring to your physician visits.
- Arranging to exercise with a partner knowing that they are counting on you and you don’t want to let them down
- Having a regular check-in time with a weight loss buddy to discuss the challenges and triumphs of your week

**What are some ideas that you have to increase support and accountability?**

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**Which of these ideas will you implement in your own program? Identify at least one that you can start now to help you prepare for the end of the program:**

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**PRIDE Goals**

- Keep recording weight, diet and physical activity every day
- Be active—reach a goal of at least 10,000 steps per day and at least 200 minutes per week
- Achieve and maintain a weight loss of at least 10% of your initial body weight





## **Homework for next session**

Begin to incorporate your “culture of support” ideas and let us know how it goes in your Keeping Track book. Also at the next session, you will have a chance to share your scrapbook with the rest of the group. You will be asked to describe your scrapbook pages, explaining why you chose the items you picked, and how they relate to the themes of the program

# Session 47: Scrapbook Show and Tell

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Your scrapbook has served a number of purposes in the program:

- It has allowed you to document your journey- it is tangible proof of your participation in this process.
- It has given you a chance to interact with the various themes we introduced- to remember where you were and how far you've come, to identify your core values and how they relate to your weight loss goals, to brag about what you enjoy or do well, to state your commitment to yourself and much more
- It can be seen as your badge of honor- a mark of your achievement- making it through 18 months of hard work and commitment
- It can be used as a tool to reflect your new identity as a successful weight loser/person committed to good health

We hope that in reviewing it from time to time, it continues to be a source of inspiration and identification for you.

You may want to consider continuing to add to it as your journey progresses. The story is not over and it should continue to be documented in some fashion! After all, the story of you is the most important one of all! Whatever form or medium you choose, we hope you continue to tell it.

## **PRIDE Goals**

- Keep recording weight, diet and physical activity every day
- Be active—reach a goal of at least 10,000 steps per day and at least 200 minutes per week
- Achieve and maintain a weight loss of at least 10% of your initial body weight





Share your scrapbook with a family member or friend and bring it to group next time so that other group members can sign it.

Prepare to celebrate the completion of the program at our next and final session!