



Session 22: Look Back and Look Forward

There's an old saying, "A path is made by walking on it." Research suggests that people who succeed in changing their lifestyle, shift their thinking and behavior along the way. What path did they take?

| Move From: | Toward: |
|---|--|
| Trying to fool themselves | Being honest with themselves <i>(I consume a lot of calories in my night-time snacks)</i> |
| Looking for a "magic" cure | Working at it, tolerating some discomfort <i>(I take the stairs instead of the elevator even when I don't feel like it)</i> |
| Looking for a "cookbook" approach that applies to everyone | Fitting tried-and-true ways of behavior change into their own lifestyle and culture <i>(I ask my aunt to give me just a small piece of her special cake)</i> |
| Wishing someone else could fix or take the blame for lifestyle barriers | Taking "sole responsibility" for doing or not doing what needs to be done <i>(I had to stay with dad at the doctor's office all day but I took breaks from sitting and walked the hallways)</i> |
| Thinking of weight loss and activity totals (numbers on the scale and activity record) as your only goals | Focusing on the pleasure that comes with every small change in eating better and moving more <i>(It feels great not to be winded after climbing one flight of stairs)</i> |
| Being afraid of slips and lapses or punishing themselves when they happen | Believing they can make mistakes and learn from them. Being willing to try, try, and try again <i>(That buffet was hard. I will make a better plan for next time)</i> |

What path have you been on now? Think about some of the “shifts” you have made in your lifestyle and write them down.

| I have moved from: | Toward: |
|---------------------------------------|---|
| Wanting to do it perfectly right away | Being willing to take <i>small steps</i> toward my most valued goals |
| <i>My changes:</i> | |
| Wishing for “willpower” made of steel | Being flexible, mindful, and trusting myself to <i>take charge</i> more often |
| <i>My changes:</i> | |
| Putting others first most of the time | Working on <i>healthy self-interest</i> even though it sometimes conflicts with needs and demands of others |
| <i>My changes:</i> | |

Congratulations. You have reached an important one-year milestone in Group Lifestyle Balance™. You have worked hard to improve your eating and physical activity habits.

You know that healthy lifestyle change is possible.

Take a moment and give yourself credit for all your efforts.



Look Back: Write Your Story

Take a minute to reflect on your own healthy lifestyle story. What change strategies worked best for you? What changes are you most proud of?

Imagine you are speaking with others at risk for type 2 diabetes and heart disease or those who simply want to take better care of themselves by eating healthier and moving more. What words of wisdom could you share?

What helped you the most when you faced challenges, or felt down about your progress? Were there specific people (including family and friends) who helped you move forward?

Write down a message to yourself to help motivate and guide you in the **next six months**.

Now that you have reflected on your personal lifestyle change journey, complete the checklist on the next page.



Look Forward: Write Your Next Chapter

Given where you have been, and where you are right now, what are your plans looking forward?

My Weight Goal

In the next 6 months I will focus on:

- Reaching the 7% weight loss goal.
- Staying at the 7% weight loss goal.
- Working on a personal weight loss goal.

Refer to **“When You Reach Your Goal Weight”** in Session 14, page 11 for more information.

My Physical Activity Goals

In the next 6 months I will focus on:

- Reaching the 150 minutes per week goal.
- Staying at 150 minutes per week goal.
- Working on a personal physical activity goal of _____ minutes per week.
- Adding spontaneous physical activity.
- Working on a step goal of _____
- Doing resistance training activities at least 2 times per week.
- Reducing and breaking up time spent sitting.

Refer to Session 4, 8, 13, 17, and 19 for activity tips.



To Do:

These behaviors are your foundation for healthy lifestyle success. Let's review them one more time.

The Basics:

- Keep track of your weight. Make peace with the scale.
 - Weigh yourself daily (or at least once/week, same time of day)
 - Keep a weight record. This will allow you to monitor and respond to weight gain sooner rather than later.
- Record what you eat and drink using your preferred method. If you notice your weight creeping up, keep track more often.
- Record your physical activity using your preferred method. Consider tracking minutes, steps and resistance training. Aim to maintain the minimum goal of 150 minutes per week of moderate physical activity.
- Sit less. Be aware of long periods of sitting and break them up. Keep moving throughout the day.
- Get the support you need. List 1-3 people who will support your healthy lifestyle efforts on the road ahead.

You have the tools that you need for healthy lifestyle success. You have learned through trial and error what works best for you on the slippery slope of lifestyle change. You know how to get back on track after a slip.

Now your challenge is to **keep using those skills**. Don't let them get rusty. Stay aware. Solve problems. Practice.

It has been a pleasure to support you.

"Success is the sum of small efforts, repeated day in and day out"

~Robert Collier