

NEW YEARS GETTING STARTED PROGRAM

Written by Joy Turner

Massachusetts

Week before program, hand out the questionnaire.

1. Do you want to lose weight? Do you want to maintain?
2. If so, WHY?
3. What have you done to successfully lose/maintain weight in the past? (List everything that has ever worked)
4. What is the most difficult goal you have ever achieved?
(Anything – not necessarily diet-related – graduated college, hiked a mountain, etc.)
5. What are you especially good at, AND what do you enjoy doing.
6. What would be the EASIEST small change you could make this week to live a healthier lifestyle?

1. Do you want to lose weight?

***If you answered, No or I don't know It's okay.** Some people come to meetings hoping they will get inspired to lose weight. Down deep they want to lose, but it's not a priority. **Some people really don't want to lose weight, but have been told by a physician that it's important. Or have been told by someone close that they need to lose weight and are coming to make it appear that they are trying. It's okay. We just need to be aware of the TRUTH** of why we are here before we can take the next step.*

2. Why? (HAVE DISCUSSION HERE - USE OWN ANSWERS IF NO RESPONSES)

These were my answers.

Want to rid myself of the **constant shame** I feel when I'm overweight.

Want to **be free of** any addiction that controls my life. Much of my life food has leading me around by the nose. (or is it by the mouth???)

If I lose weight, my **knees and back** will feel better and it will increase my chances of not developing many other health problems.

Love the way my body feels when it's getting lighter and I can move with ease.

Want to **fit and be comfortable in my clothes**. Also would like my body to look attractive in clothes.

Did anyone put "yes" for wanting to lose weight, but then have difficulty coming up with reasons?

*It's very **hard to reach a goal weight without having a concrete idea of the personal rewards we are looking for**. We especially need to know **WHY** we want to lose weight during times of temptation. If we lose sight of the particular benefits we are looking for, we need to have them written somewhere that we can reread them and keep them in the forefront of our minds.*

3. What have you done to successfully lose weight in the past? (List everything that has ever worked)

(HAVE

DISCUSSION HERE - USE OWN ANSWERS IF NO RESPONSES)

diet pills, gym, walked a lot , Ayds, tried Metrecal, grapefruit diet, OA

I finally joined a **study at the hospital** where you had to weigh-in weekly exercise every day with the group write every morsel eaten because of the research. It was a **modified Pritikin diet**. Learned that I needed to eat at least 1200 calories to lose weight. Very disciplined and motivated because I knew it was for research. Got down to around 138.

Hospital Supervised Very Low Calorie Diet about 600 calories under the supervision of docs and dietitians at the hospital. Many warnings about the dangers and health consequences of having any solid food while on this diet. It would cause muscle to be eaten instead of fat that muscle included organs in your body like your heart. I took it totally seriously and didn't deviate one bit. Went from 177 to about 140 and my hair started to fall out. Loved being on that diet plan no hunger issues or temptations began having difficulty the MINUTE I had my first 3 oz. of protein and a salad. Made me realize what an addict I am when it comes to dealing with food.

WHAT CAN I LEARN FROM THIS?

lots of walking, dancing and being aware of portions.

Became depressed during and after my husband's cancer and death. Ate my way up to 242 lbs. before I came to and realized I was squandering life that he would have loved to live. Began VERY SLOWLY to turn it around one habit at a time. **Set SMALL goals, read, wrote and turned to support people to keep on track. Joined TOPS.**

Became TOPS leader and **committed to the group** that I would lead by example and become a KOPS while leader. I did. Joined gym went religiously danced biked hiked kayaked cross-country skied.

Life situations began interfering with rigorous exercise. Have kept off 50 lbs. for over 7 years. Would like to take off at least 30 more, but keep getting side-tracked.

4. What is the most difficult goal you have ever achieved? (HAVE DISCUSSION HERE - USE OWN ANSWERS IF NO RESPONSES)

Surviving with 3 children (one an infant) after my first marriage broke up.

What are the steps you took to complete it?

Wow it took constant determination, counseling, reading, family and friend support, looking for ways to keep my spirits and self-image up, personal sacrifice of things I would prefer to be doing, learning to try to give myself credit for hanging in there. It was CONSTANT work. I

never let myself waver because my kids' futures were at stake. I made many mistakes, many actual failures, but I always regrouped and stuck with it. The challenges, especially with 3 teenagers were overwhelming. I now have 3 fantastic, responsible adult children.

5. What are you especially good at, and what do you enjoy doing.

(HAVE DISCUSSION HERE - USE OWN ANSWERS IF NO RESPONSES)

Good organizer, have been told I have teaching skills, good with and enjoy children, like to dance, travel, play cards and games, do crosswords, be with good friends.

6. What would be the EASIEST small change you could make this week to live a healthier lifestyle?

(HAVE DISCUSSION HERE - USE OWN ANSWERS IF NO RESPONSES)

Drink one more glass of water a day.

How many answered all the questions on the questionnaire?

Did anyone take real time doing it?

Did you gain any insights?

I did! It took me about an hour to thoroughly go over my past and look at my weight loss history what worked and for how long. Also, it was difficult to think of the most difficult goal I've ever achieved and what it took to achieve it, but there was a strong link between the effort it took, the steps I took and what it takes for me to stick to a diet plan. I gained enough insight that I think I'll hold on to the questionnaire and look at it when I'm having difficulty losing.

Did anyone else find that?

(Depending on how long the discussion took, this could become a second week. I enlarged each quote, printed it out, attached the quotes to a poster board covered up with another sheet of paper and uncovered each one as I spoke about it. There was time for group input after each section.)

One of the things I discovered is along with Thomas Jefferson -

I LIKE THE DREAMS OF THE FUTURE BETTER THAN THE HISTORY OF THE PAST!

Thomas Jefferson

But I can LEARN from the past. I can know myself. Last week Sandy got us to work on thinking about ourselves as important. The first word of the pledge is "I" Do you supposed it is because it's the most important word. How many times is "I" repeated? 6 if I counted right. Most of us were taught growing up not to talk about ourselves and to put other first. We are now learning that we can't take care of others if we don't put importance on ourselves. We have to be important enough to ourselves to allow ourselves the TIME, THOUGHT AND ENERGY to succeed. If we are healthy and happy, we have more energy to give to others.

Do you believe that you can succeed? Look at what you've written that you have succeeded at in the past. Keep these things in the forefront of your memory. Do NOT give in to self doubt.

You must first be a believer if you would be an achiever

Napoleon Hill

REMEMBER: SUCCESS BREEDS SUCCESS

Anon

Keep your successes – no matter how small – no matter how far back – in the forefront of your mind. Be your own cheerleader. We know that what our mind focuses on becomes reality. If you have trouble with patting yourself on the back, use "Success breeds success" as a constant thought and try to focus little things that you succeed at even if it's simple every day things like maintaining a household or coming to meetings. We all have succeeded at something or we wouldn't be here tonight! Think about what it took for meetings to become a weekly priority. It didn't just happen. You've succeeded! Now let success multiply!

We are all individuals and have our own ideas and styles. How often have you been on a committee where you thought exactly as the rest of the members of that committee. We all need to know ourselves and how we function best in order to have a plan that will work for us. Refer to the list of your past successes and choose a plan that will work for YOU.

FAILING TO PLAN IS A PLAN TO FAIL.

Effie Jones

Many of us have come through the holidays feeling like disaster victims. We feel weak and defeated. What new action can you try to turn that around?

THE UNDERTAKING OF A NEW ACTION BRINGS NEW STRENGTH.

Evenius

Have you ever started exercising after a long period of inactivity? Do you remember how achy you felt after the first day of a new regime? If you kept up the program, before long, you were doing more than you had done on that first achy day. It is the same with any new habit we want to make.

The more we do it, the more automatic it becomes - like brushing our teeth in the morning. We will begin doing it without even really being conscious of it.

Look at your list of what it takes to accomplish a goal or to loose weight. Choose the easiest most achievable goal. If you need to drink water - don't start by trying to drink 8 glasses a day. Break it down into something easily achievable like 1 glass throughout the day. Don't add more glasses to your goal until one glass slides down easily!

THE MAN WHO REMOVES A MOUNTAIN BEGINS BY CARRYING AWAY SMALL STONES. *Chinese Proverb*

Give yourself credit for what you've done. Have one habit fully changed before you go on to the next goal. If you slip, pick yourself up and try to discover why you slipped.

TO LIVE IS TO CHANGE, AND TO BE PERFECT IS TO CHANGE OFTEN.

John Henry Cardinal Newman

Pick yourself up and work with a revised plan to reach your goal. Change is not easy - but it is doable!

YOU MAY HAVE A FRESH START ANY MOMENT YOU CHOOSE, FOR THIS THING WE CALL FAILURE IS NOT THE FALLING DOWN, BUT THE STAYING DOWN. *Mary Pickford*

AND

How many of us are familiar with the childhood story of *THE LITTLE ENGINE THAT COULD*

A train breaks down and the toys it is carrying will not get over the mountain to the boys and girls by the morning. Every train engine, big and small, passes it by until the littlest engine agrees to help. "I think I can, I think I can," says the Little Blue Engine as it starts up the mountain, a seemingly impossible task.

As we enter the New Year with a fresh start – let's repeat with the Little Engine that Could

I THINK I CAN, I THINK I CAN, I THINK I CAN.....

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S U C C E S S

B R E E D S

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