

## TOPS SURVIVAL KIT

TOPS WA#1184, Port Orchard Survival Kit  
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I did this as a program a few weeks ago. I gave everyone each item and a gallon sized ziplock baggie. We went round the room with each member reading a line and we'd all add that item into our personal bags/kits. Everyone seemed to enjoy it.

1. **LifeSaver Mint:** To remind you we need to help "save" other members from and unhealthy lifestyle as well as ourselves and that you are worth a "mint" to this Chapter!
2. **Cotton Ball:** For the bumpy roads with all the ups and downs of the scale. To remind you to seek the cushioned support of TOPS friends and family.
3. **Rubber Band:** Healthy weight loss takes time. This to remind you to be flexible: things might not always work out at the speed you like, but it will work out if we keep on working at it.
4. **Candle:** To remind you to share support and your light with others. To remind us of the saying that a candle loses no light when it's used to light another.
5. **Band-Aid:** To remind you to stick with it; if you do, you can accomplish all your weight loss and health goals in time.
6. **Recipe Card:** To share a favorite low calorie recipe with a TOPS Pal as a symbol of caring and sharing.
7. **Paper Clip:** To help keep things together when they seem to be slipping out of control. To also visualize that many paper clips together form a strong bond just like the many members of our Chapter.
8. **Tissue:** For when times are tough. To dry your tears, or someone else's.
9. **Sandpaper:** To help you remember, even when the road gets rough, your TOPS friends will always be here to support you through it.
10. **Smooth Stone:** To remind you that the rough times help refine and polish-for smoother tomorrows.
11. **Eraser:** To remind you, "We're glad you're here! It's a new beginning." Gains Happen. You can start over fresh with a clean slate.
12. **Button:** To remind you to sometimes, "button your lip". To always remember to keep quiet voices when others are speaking so that everyone is able to hear and enjoy what is said during the meeting.
13. **Marbles:** To replace the ones you're sure to lose when you mingle in this crowd! We're in this together!
14. **Toothpick:** The toothpick is to remind you to "pick out" the good qualities in other members of our Chapter.
15. **Puzzle Piece:** To remind you that every member is an important piece of the Chapter and we're not complete without all the pieces together.
16. **Peanut:** To remind you that it is okay to be a little nutty at times and have fun. In fact, it's what makes us so special.
17. **Pencil:** To remind you to write cards and notes to support fellow members often.
18. **Chewing gum:** To keep your mouth busy. Too busy to nibble, too busy to eat absent-mindedly. Chew this while cooking to prevent tasting. Chew while watching TV to prevent snacking. Chew to a new you!

19. **Tea bag:** To remind you we never know how strong we can be until we're in hot water with our own health. With TOPS support, you have what it takes to become a healthier you.
20. **TWO Pennies:** so you have enough cents "sense" to realize what a valuable asset you are. You are important to your family and to your TOPS Chapter. Be good to your body and your health.
21. **String:** for tying around your finger so you don't forget to drink your water! **8 glasses or more a day!**
22. **Safety Pin:** To remind you we're all safe and connected. Everyone has a gain from time to time and you're safe to weigh in with no judgments here.
23. **A Match:** To light your fire when you're feeling like you're burned out and can't go another day on your food plan, do one more program or attend one more meeting.
24. **Sweetener:** To remind you to sprinkle your words and thoughts with sweetness and kindness. You never know when you will have to EAT them.
25. **Lego:** To remind you to "lego" your old habits. To begin with fresh new ways of eating and being as active as you can be; for the shape you are in right now.
26. **Macaroni:** To remind you food is essential and we need to nourish our bodies while Taking Off Pounds Sensibly. To remember fad diets can be dangerous.
27. **Yellow Rose:** Finally, this is to remind you of your purpose for joining TOPS WA#1184, Port Orchard. No matter what goes on in Chapter or in life, your eyes are set upon reaching goal, staying healthy and being a KOPS!