

Dr Nwizu's Weightloss Program Getting Motivated

For New Direction VLCD and New Direction LCD Weight Control Programs



When you complete this module, you will be able to:

- · Identify how negative thinking impacts motivation
- · Learn how to Flip the Script
- · Design a daily checklist to create healthy habits

The importance of motivation cannot be over-emphasized. Motivation is the process that initiates, guides and maintains goal-oriented behaviors. When you decided to join New Direction, you were motivated, but how is your motivation level today? If you are struggling with motivation, the problem and solution lies within your thinking.

What Are You Thinking?

When you think about exercising, losing weight or staying on your eating program, you may also think about how difficult these things are. These are negative thoughts which sabotage your motivation, making it difficult to take action and achieve results. Examples of negative thoughts include:

- · I don't have time to exercise
- I can't follow this eating plan
- · I'm too tired to exercise
- · I won't be successful

These are negative thoughts, not reality. For example, if you tell yourself that you don't have time to exercise; ask yourself, "is this true?" What are you doing at 5 am? Sleeping? So you have time, but you are choosing to sleep instead. Write down negative thoughts that tell you that you can't do something.



Flip the Script

Once you have written your list of negative thoughts, flip the script. Flipping the script is a technique that helps to identify and change negative thinking. Look at each negative thought you wrote above, and think about how you can change it into a positive. For example:

- This eating plan is simple and I can and will follow this plan.
- I am tired, but not exhausted. I do have the energy, and I know I will feel better after I exercise.
- I will be successful with this weight loss effort. I have the tools to be successful.

Post these positive affirmations in a location that you will see on a daily basis.

Motivation Tips

- Think wellness not weight loss. Think about the positive results from losing weight; more energy, greater self-esteem, reducing or eliminating medications or pain, a sense of accomplishment and living longer are all possible outcomes from losing weight.
- · Make small behavioral goals and reward yourself with non-food items when you accomplish those goals.
- · Read motivational literature. Listen to inspiring music.
- Plan your exercise time. If you just "try" and fit in workouts, you will find that it is much easier to find an excuse to skip
 that workout.
- Kinetic energy is the energy of motion—an object in motion tends to stay in motion and it becomes easier to continue. So kinetic energy will tend to help you continue your positive efforts.

Getting the Ball Rolling

List 6 or 7 behaviors that you want to accomplish daily. These can be weight loss, exercise, or any other positive behavior you want to do, but they must be specific. Use the example chart below and don't worry about doing all of the behaviors every day. After the first week, count up the number of check marks, and do more the next week. Make it a competition with yourself. Over time, you will do more and the behaviors will get easier. Why? Kinetic energy—Once the healthy "ball" is rolling, it will continue to roll.

Behavior examples: walk 30 minutes, drink 72 oz. of water, take vitamins, do an abdominal workout, Read a book, Make my bed.

Your Behaviors To Accomplish	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		2,72					4 %
					×		