

Weight Solutions

FOR PHYSICIANS



Find Your Fun

First, let's work on your mindset about your weight and weight loss. Letting go of any baggage you carry around about this will make your journey so much easier!

- * What do you think about when you think of your weight? Write it down.

- * How do you feel when you think this way? Choose one of the thoughts above and consider what emotion it generates in you.

- * When you are feeling that emotion, how do you usually act? Do you support your weight loss efforts or sabotage yourself?

- * When you take those actions, what results do you get in your life? Are these the results you want?

- * Now, think of a way to slightly modify that thought so it still feels true but generates a better feeling emotion. Sometimes this can be a small change to the thought. What is the new thought?

- * What feelings or emotions does this new thought generate for you?
- * What do you do when you feel these feelings? Are you more likely to support your weight loss efforts?
- * What would happen if you consistently thought the new thought, felt the improved emotion, and took the above actions?
- * Now practice that thought EVERY time you catch yourself saying not-nice stuff about your weight. And then practice it some more...

Next, let's make some plans on how to have fun and stay engaged during this process.

- * What are some goals you want to work towards that don't have anything to do with a scale? *Bonus points if the goals are ones that encourage you to stay focussed on your lifestyle improvement.*
- * List some things you could do now for enjoyment (non-food related). These do not have to be related to your weight loss efforts. They are purely for adding some extra joy into your life.
 - * Things that you enjoy but don't get around to doing
 - * Things you always have thought about doing but haven't yet

- * Quick and easy things you could fit into a busy day
- * Now, look at your list, pick one or two things and schedule it into your calendar. (I mean it! Really schedule yourself into your calendar!)
- * What are some challenges you can set up for your self? Make this a fun competition and see what you can do. Choose a reward for each one and make sure you give it to yourself when you win!

Get out there and have fun!
Enjoy your life and the process of gaining control of your weight.