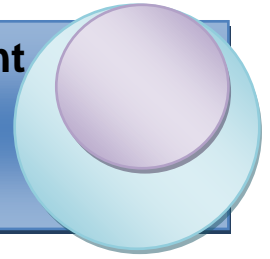


Your Best Health: Adult Weight Management Reflection Journal

Am I Ready



Change Isn't Always Easy

Think about the times when you've been successful in making an important change in your life or your health behaviours.

What was different about those times you were successful?

What's worked for you in the past?

Can these things be used in your weight management plan now?

Motivation and Readiness to Change: Motivation

Take a moment to think about your motivation or personal reasons for change.

If writing this down doesn't work for you, think about other ways you might explore and express your thoughts and feelings, such as drawing, painting, or cutting images out of a magazine that reflect your reasons for change.

What are your personal reasons for wanting to manage your weight?

Given everything you've learned so far, is there anything that makes this important enough for you to want to make a change now?

What would make this valuable enough to you to make the effort now even if you may not see the benefits for some time?

Have a list of the **reasons** why your goals and your health are important to you posted on your fridge or in your cell phone.

Write down and acknowledge wins, even the ones that may seem small to you. For example it may be much easier to walk to the mailbox now than when you started.

Motivation and Readiness to Change: Readiness

To explore your readiness further it can also help to think about the questions below.

Do I see my weight as a problem?

Does my weight concern or upset me?

Am I really interested in making a change to support my health and weight?

Given everything I have going on in my life, am I ready to make a change now?

Do I believe I have all the information and knowledge I need to make these changes?

Goal Setting: Now I'm that I'm ready—let's go!

Once you've come up with your plan, ask yourself:

How confident am I that this is something I will do? You can rate your confidence on a scale of 1 to 10, (1 is not confident and 10 is very confident)

If you rated your confidence 7 out of 10 you may want to think about the following:

What might get in your way and how can you address this or problem solve around it?

Is your goal and plan the right one for you at this time?

Can you break your goal down into smaller, more manageable steps for yourself?

Do you need more support skills, or other things in place to help you get there?

There's no right or wrong way to answer, but rather think of it as a chance to plan in a way that increases the likelihood of being successful in your goals for yourself.