

## WHAT'S YOUR MINDSET?

Knowing your weight loss mindset can help to identify areas that you can work on to ensure you have a balanced, positive and healthy outlook. This will help you in the long term to manage your motivation, beliefs and attitudes that can affect your weight. Your mindset is the central point that keeps your health and lifestyle in balance.

*“If you change the way you look at things, the things you look at change”*

Wayne Dyer

During your time on Jenny Craig you'll come across some common negative beliefs or mindsets – explore these, then move passed them toward a more positive mindset, one that can be the foundation of your healthy lifestyle.

Take a look at the following weight loss mindsets below and choose one that resonates most with you currently, and discuss this with your consultant. You may find that you're a combination of mindsets, which is ok. Refer to the Resource Centre for all of the online weight loss mindset strategy cards.

*Are you a...*

### INNER CRITIC?

- You tend to be hypercritical and judgemental of yourself.
- When things don't go according to your plan, you feel guilty and dwell on it.
- If you review your previous week, you're more likely to focus on what you did not do well.

**Goal:**  
*Learn how to accept and validate yourself.*

Because you tend to focus on your shortcomings and be overly critical of yourself, you may blame any lapses on character defects or lack of will power.

### WEIGHT PESSIMIST?

- You think you have a lack of self control or discipline that has affected your health in the past.
- You worry you have a lack of willpower that is reflected in your lack of commitment in other areas of your life.
- You worry things will never change and you will always be battling with trying to lose weight.

**Goal:**  
*Practice optimism and build on small successes.*

You have made multiple attempts to manage your weight but tend to have a history of losing and regaining weight. You tend to blame a lack of willpower or other weaknesses for your results. You may have begun to transfer your feelings about weight management to other areas of your life and worry that the situation will never change.

### SELF-SACRIFICER?

- Between work and home responsibilities you feel you can't take time off just for yourself.
- When it comes to making time for physical activity you often let obligations to others get in the way.
- When making food choices, you feel you need to go along with the needs and preferences of family/friends/others.

**Goal:**  
*Practice self-care and make your personal wellness a priority in your life.*

You tend to put everyone else's needs before your own. You juggle multiple roles that frequently take preference over your own personal priorities. As a result you may not stick to your plans and you may use food to address stress issues.

### DIET EXTREMIST?

- When it comes to getting results with weight loss, your attitude is, either follow your plan 100% or why bother at all.
- When you start an activity regime you don't usually ease yourself into it, but start full throttle with the thought 'no pain, no gain'.
- You feel like you are always 'on' or 'off' a diet.

**Goal:**  
*Practice moderation and focus on a more balanced, flexible approach.*

You tend to have an 'all or nothing' approach to weight management, and might feel like you are always 'on' or 'off' a diet or exercise plan. You may also believe you need to follow a strict set of rules when it comes to what, how much and when you can or cannot eat, as well as how much, how intensely and how frequently you should exercise.