

# WEIGHT PESSIMIST

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.

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

## LEARNING OPTIMISM

Do you see life as a glass 'half full' or a glass 'half empty'? If you tend to see your glass as 'half empty', don't worry, as optimism can be learned, it just takes practice!

If you find yourself thinking negatively, try and use the following techniques:

### **1. Positively re-frame the situation**

If you didn't get the results you were after, instead of viewing it as a sign that what you're doing isn't working, focus on what is. For example, you used your menu to make healthy choices, went for a 30-minute walk three times and didn't use food to manage your disappointment.

By re-framing it in the positive you'll see that you are doing pretty well!

Thinking about last week, what wins can you celebrate?

### **2. Disagree (with yourself)**

Twenty-four hours a day, we talk to ourselves. This week, listen for your own negative self-talk. Take a moment to challenge it, and then practice being more positive with an affirmation. For example:

**Negative thought:** 'My eating habits and my whole life are out of control.'

**Positively re-framed thought:** 'One menu lapse does not make my whole life a disaster. I can make choices at my next meal to support my goals.'

**Affirmation:** 'I am in control of my thoughts and actions.'

Be sure to write down at least one positive change you've made each week on your menu. Think of all the ways, besides weight, there are to measure your success.

## CELEBRATE YOUR SUCCESSES

Regardless of how long you've been on your path to wellness, every day is a day to acknowledge your efforts.

Every week you are reaching personal milestones. One simple choice at a time, you are developing a healthier relationship with food, a more active lifestyle, and a greater life balance. Be proud of yourself and let each milestone inspire you to continue your journey.

What wins, besides weight loss, have you had so far?

1. ....

2. ....

3. ....

## BUILDING A SUPPORT NETWORK

No matter where you are in your program, you can continue to be inspired by success – both your success and that of others. Identify those around you who support your goals and who have also made personal changes.

Your personal support network may include:

- Spouse
- Significant other
- Family
- Colleague
- Friend
- Community group
- Counselor
- Fellow Jenny client
- Jenny Consultant
- Other .....

*Be sure to  
keep in contact  
with your support  
network each  
week.*