



## Session 22: Look Back and Look Forward

There's an old saying, "A path is made by walking on it." Research suggests that people who succeed in changing their lifestyle, shift their thinking and behavior along the way. What path did they take?

Move From:	Toward:
Trying to fool themselves	Being honest with themselves <i>(I consume a lot of calories in my night-time snacks)</i>
Looking for a "magic" cure	Working at it, tolerating some discomfort <i>(I take the stairs instead of the elevator even when I don't feel like it)</i>
Looking for a "cookbook" approach that applies to everyone	Fitting tried-and-true ways of behavior change into their own lifestyle and culture <i>(I ask my aunt to give me just a small piece of her special cake)</i>
Wishing someone else could fix or take the blame for lifestyle barriers	Taking "sole responsibility" for doing or not doing what needs to be done <i>(I had to stay with dad at the doctor's office all day but I took breaks from sitting and walked the hallways)</i>
Thinking of weight loss and activity totals (numbers on the scale and activity record) as your only goals	Focusing on the pleasure that comes with every small change in eating better and moving more <i>(It feels great not to be winded after climbing one flight of stairs)</i>
Being afraid of slips and lapses or punishing themselves when they happen	Believing they can make mistakes and learn from them. Being willing to try, try, and try again <i>(That buffet was hard. I will make a better plan for next time)</i>

What path have you been on? Think about some of the “shifts” you want to make or have made in your lifestyle and write them down.

I have moved from:	Toward:
Wanting to do it perfectly right away	Being willing to take <i>small steps</i> toward my most valued goals
<b><i>My changes:</i></b>	
Wishing for “willpower” made of steel	Being flexible, mindful, and trusting myself to <i>take charge</i> more often
<b><i>My changes:</i></b>	
Putting others first most of the time	Working on <i>healthy self-interest</i> even though it sometimes conflicts with needs and demands of others
<b><i>My changes:</i></b>	

You know that healthy lifestyle change is possible.

**Take a moment and give yourself credit for all your efforts.**



## Look Back: Write Your Story

We are all at different points in **GLB4Me**. Some of us have made many changes, others a small change or two. Each of us has wisdom and experiences to share that maybe helpful for others.

Take a minute to reflect on your own healthy lifestyle story. What change strategies worked best for you? What changes, big or small, are you most proud of?

---

---

Imagine you are speaking with others at risk for type 2 diabetes and heart disease or those who simply want to take better care of themselves by eating healthier and moving more. What words of wisdom could you share?

---

---

What helped you the most when you faced challenges, or felt down about your progress? Were there specific people (including family and friends) who helped you move forward?

---

---

Write down a message to yourself to help motivate and guide you in the **next six months**.

---

---

Now that you have reflected on your personal lifestyle change journey, complete the checklist on the next page.



## Look Forward: Write Your Next Chapter

Given where you have been, and where you are right now, what are your plans looking forward?

### My Weight Goal

#### In the next 6 months I will focus on:

- ☐ Reaching the 7% weight loss goal.
- ☐ Staying at the 7% weight loss goal.
- ☐ Working on a personal weight loss goal.

Refer to **"When You Reach Your Goal Weight"** in Session 14, page 10 for more information.

### My Physical Activity Goals

#### In the next 6 months I will focus on:

- ☐ Reaching the 150 minutes per week goal.
- ☐ Staying at 150 minutes per week goal.
- ☐ Working on a personal physical activity goal of \_\_\_\_\_ minutes per week.
- ☐ Adding spontaneous physical activity.
- ☐ Working on a step goal of \_\_\_\_\_
- ☐ Doing resistance training activities at least 2 times per week.
- ☐ Reducing and breaking up time spent sitting.

Refer to Session 4, 8, 13, 17, and 19 for activity tips.



## To Do:

- ❑ **Keep track of your weight.** Make peace with the scale.
    - Weigh yourself at home least once a week.
    - Record your weight.
  - ❑ **Record everything you eat and drink** every day using your preferred method. Come as close as you can to your fat and calorie goals.
  - ❑ **Record your physical activity** minutes using your preferred method. Be active for at least 150 minutes a week.
    - If you are active for 150 minutes or more, great work and keep it up.
    - If you were active for less, that is okay. Start at your current level and add 30 minutes more.
  - ❑ Sit less. Be aware of long periods of sitting and break them up. Keep moving throughout the day.
  - ❑ Get the support you need. List 1-3 people who will support your healthy lifestyle efforts on the road ahead.
- 
- 

**GLB4Me** is a chance to practice new skills and re-establish healthy ones that have worked for you in the past.

Your challenge is to practicing **using those skills**. Stay aware. Solve problems. Practice. Repeat. Building new and healthier habits takes time.

“Success is the sum of small efforts, repeated day in and day out”

~Robert Collier