

## Homework

## Tracking

<input type="checkbox"/> Food & activity records online (myfitnesspal)	<input type="checkbox"/> Meditation practice _____ days this week
<input type="checkbox"/> Food, activity & mood journal (paper)	<input type="checkbox"/> Journal 3 pages _____ mornings this week
<input type="checkbox"/> Specific food or eating behavior goal: _____	<input type="checkbox"/> Specific action related to support system: _____
<input type="checkbox"/> Specific activity /fun goal: _____	<input type="checkbox"/> Relaxation practice _____ days this week
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____

## Notes

# Enhancing Motivation

## 1) Stay aware of the benefits you've achieved and hope to achieve.

What motivated you to join Live-It? What did you hope to achieve?

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## 2) Recognize your successes:

What are your successes? Which changes do you feel the most proud of?

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## 3) Explore new sources of motivation and rewards:

What motivates you to initiate a new behavior isn't necessarily what motivates you to maintain it.

Sometimes you have to discover new sources of motivation to keep you going on our journey towards better health.

What is your purpose now? Why is focusing on your health important to you?

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**Internal motivation:** the source of motivation comes from within ourselves (e.g., The personal desire to run around with the grand kids, feel better, a sense of accomplishment, to be able to hike Multnomah Falls, etc.).

Discover internal motivations and pick some external rewards for motivation.

My Internal motivation and rewards:

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**External motivation:** motivation that comes from outside of ourselves (e.g., praise from someone else, a tangible reward, meeting other peoples' expectations, etc.).

My external motivation and rewards:

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Focus on your mantras and motivational statements that you can use to talk back to your negative self-defeating thoughts (e.g., I'm too tired to exercise today....).

- "I'll feel better after I ...."
- "Just get it done and stop going back and forth about it. Just do it!"
- "I want to meet my goals because..."
- "I deserve to take this time to focus on my health."
- "Being healthier means that I ....."

My Mantras:

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**4) Pick a day each week to review your progress, problem-solve challenges, and set new goals.**

What are your long-term goals?

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What would you like to achieve over the next few months?

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What would you like to focus on this week?

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## Exploring Priorities and Balancing Demands

We all have very busy lives and it can be hard to make ourselves and our health a priority. Sometimes we have to be creative about delegating tasks, making different choices, or letting go of things that are less important to us at this time.

Take a few minutes to think about what is currently really important to you and what you value. List your top five personal values in order of importance to you (your family, education, religion, money, spouse or significant other, pets, health, etc.), with number one as the most important.

First priority \_\_\_\_\_

Second priority \_\_\_\_\_

Third priority \_\_\_\_\_

Fourth priority \_\_\_\_\_

Fifth priority \_\_\_\_\_

Reflection:

- 1) Does your life right now reflect your values? Where do you spend most of your time? Do you make time for yourself and your health? Do your goals reflect your priorities?
- 2) If the time you spend in your life right now does not match your personal values, how can you change that?
- 3) Are there some parts of your life that you would like to change but can't right now? If so, what is the timetable for bringing your lifestyle more in sync with your values?

## Tips for Organizing Your Time

- 1. Get organized and post reminders of your goals, action plans, or contracts.** Find a planner, smart phone app, or simple calendar that works for you. Post reminders and visual cues. The bathroom mirror and refrigerator are good options. Make weekly “to do” lists to stay focused. Set an alarm as a reminder.
- 2. Look at the big picture.** Use your “to do list” and calendar to help you balance short and long term goals. For example, by looking at your diet and physical activity goals on a weekly or monthly schedule you may be able to block off regular “anchor” times to take walks or to prepare for healthy meals. This may prevent getting snagged by a “bad day”.
- 3. Know your own “efficiency quota”.** Match tasks to your daily energy and alertness levels. Let things go that are not essential to complete that day. Don’t sacrifice your sleep to cross off that last “to do” on the list. Sleep is very important for overall health and weight management.
- 4. Minimize “time wasters”.** Cut back on TV, computer time, and overly ambitious goals. Screen telephone calls. Streamline food preparation and meals. Be realistic and know that there will always be unexpected interruptions.
- 5. Learn to say “no” or “not now.”** Set limits on the amount you do for others and make your needs a priority. Let go of things that are not important to you, in order to free up some time for those things that are.
- 6. Turn waiting time into productive time.** When you’re stuck waiting, do some deep breathing or relaxation exercises, make a weekly “to do” list, review your priorities and goals for the week or month, or catch up on reading.
- 7. Set aside some quiet time.** Setting aside even 10 minutes a day to practice relaxation techniques, meditate or simply sit without distractions can help you be more efficient and energetic.
- 8. When doing a high priority activity, do all you can to block out distractions and improve focus.** Screen phone calls, only answer e-mails at specific times during the day, and let others know that you will be unavailable.
- 9. Take charge of your environment.** Think about your physical space. Is there a quiet room or corner available for reading, writing, practicing deep breathing, or just thinking through your plans?
- 10. Flip a coin.** Minimize time fretting over more or less equal options such as what gift to get someone, what to serve for dinner, or where to buy certain products or services? Set limits on the amount of looking you do and flip a coin to help you come to a decision if both are viable options.
- 11. Set aside time to plan or think (not when you are lying down to sleep at night).** Do you notice that when you whiz around all day you don’t have time to think until you get in bed at night? A busy mind then makes it more difficult to go to sleep. Try to set some time aside each day to plan. Create “to do” lists and keep a notebook by your bed, so that if you start thinking or worrying about something at night, you can scribble it down on paper (getting it off your mind and onto paper) to be reviewed the next day.