



weeks to
WELLNESS



MANAGE WEIGHT • IMPROVE HEALTH • FEEL BETTER

with the Y



WEEK SIX WORKSHEETS:

**MOTIVATION &
POSITIVE SELF-TALK**





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SMART Goal Focus Area

WORKSHEET

PRIORITIZE WHAT MATTERS TO YOU

Motivation comes and goes but identifying what matters most to you can help keep you going when you aren't feeling motivated. Take a moment to re-assess how you are doing in our six key focus areas and your desire to make a change in each area. Once you've done that, it will be easier to prioritize what matters most to you and what areas to focus your energy on. Remember that success breeds motivation so use this information to inform your SMART goals this week to ensure they are realistic and something that will make you feel successful.

FOCUS AREA	RATE HEALTHY HABITS	RATE DESIRE TO CHANGE	PRIORITIZE IMPACT
NUTRITION I eat healthy meals regularly	Rate the quality of your habits for each focus area: 1 = My habits need improvement 5 = My habits are excellent	Rate your desire to change habits for each focus area: 1 = I don't want to change at all 5 = I really want to change	If you changed habits, what would make the most impact? 1 = most impactful 6 = least impactful
PHYSICAL ACTIVITY I exercise regularly			
STRESS, REST, & SLEEP I get quality rest every night			
SUPPORTIVE ENVIRONMENT I have supportive relationships			
POSITIVE PSYCHOLOGY I deflect negative self talk			
SUSTAINABILITY I maintain healthy habits			





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Talk Back to Negative Thoughts

WORKSHEET

Everyone has negative thoughts at times. Negative thoughts can lead you to overeat or be inactive. A vicious cycle of self-defeat can result.

COMMON NEGATIVE THOUGHTS		EXAMPLES
GOOD OR BAD	Divide the world into good or bad foods; Seeing yourself as a success or failure; Being on or off the program.	"Look at what I did. I ate that cake. I'll never be able to succeed in the program."
EXCUSES	Blame something or someone else for our problems. We don't mean to go off the program, but we "can't help it."	"I don't have the will power." "I have to buy these cookies just in case company drops in."
SHOULD	Expect perfection. A set-up for disappointment. Lead to anger and resentment.	"I should have eaten less of that dessert."
NOT AS GOOD AS	Compare ourselves to someone else. Blame ourselves for not measuring up.	"Mary lost two pounds this week, and I only lost one."
GIVE UP	Defeat ourselves. Often follow the other kinds of negative thoughts.	"This program is too hard. I might as well forget it."

Negative Thought	STOP!	Positive Thought

HOW TO TALK BACK TO A NEGATIVE THOUGHT

- > Catch yourself and think, "I'm doing it to myself"
- > Imagine shouting, "**STOP!**" to yourself and picture a huge, red stop sign
- > Talk back with a positive thought



PRACTICE:

- 1 Write examples of negative thoughts in the table to the right
- 2 Say each thought out loud, then say, "**STOP!**"
- 3 Talk back out loud with a positive thought
- 4 Write it down

