

# Preparation

**P**reparation is the stage in which you are ready to do something about changing your behavior soon. Once you reach **Preparation**, you realize that the benefits of changing are greater than the costs. But you still may have some fears that you won't succeed. The following strategies will help with whatever behaviors you're trying to change.

## Weigh the Benefits & Drawbacks

It's important to have more reasons to achieve and maintain a healthy weight than for not managing your weight.

### Step 1 - List all of your reasons for managing your weight.

*Example: Feel healthier, be more confident and in control.*

- If you completed your **Benefits of Weight Management**, review them now.
- If not, turn to **page 8** to start your list now.

### Step 2 - List all of the reasons for not managing your weight.

*Example: Can't find the time, worried about giving up old habits.*

Studies of successful weight managers show that it's important to have more reasons to manage weight than excuses for not. In fact, it's a good idea to have at least two reasons to start using healthy activities to manage weight for every drawback.

- If you need help, read **Downplay the Drawbacks** on **page 19**.

If you don't already have two Pros for each drawback, will you look for more benefits of achieving and maintaining a healthy weight?



For more information on the Pros, look ahead to the following pages.

40 Pros of Reducing Calories see page 85

50 Pros of Eating Low-Fat Foods see page 96

25 Pros of Using Healthy Strategies to Manage Emotions (Instead of Eating) see page 110

65 Pros of Exercising see page 120

“If you want a quality, act as if you already had it.”

-William James

## Create a New Healthy Self Image

To make progress, look ahead to the future. Start to imagine the “new you” that comes along with changing. Ask yourself this question:

“How will I think and feel about myself once I have changed my old habits?”

We’d like to do an activity with you in which you envision the future. Take a deep breath for a moment and relax.

*Imagine yourself six months from now: You have been managing your weight. You feel healthier and more energetic. At your recent check-up, your doctor said that you’ve lost weight and your blood pressure is lower since you’ve been using healthy activities to manage weight. Now you’re exercising 5-6 days a week. You’re fit and committed to staying fit. You feel confident and in control. No more overeating to deal with distress. You’re proud of yourself for using these healthy activities. And, you know that you are a better role model for your co-workers, family and friends, as well as the children in your life.*

### *Imagine Yourself as a Regular Exerciser*

What other images are part of your healthy life? What else would change?

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How would you see yourself?

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How would you describe yourself to others?

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In what ways would you enjoy your new, healthy lifestyle? What would be the best part about exercising regularly?

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