

Readiness to Change

The LEANPower!® Program not only addresses losing weight, but looks at each person as a whole being, inside and out. There are many different influences that come into play when we try to make a change, and they primarily fall into two categories: **Extrinsic** and **Intrinsic Factors**. Extrinsic Factors are outside of ourselves, in our lifestyle or environment, and Intrinsic Factors are internal or more psychological/emotional.

Extrinsic factors include things like:

- Money
- Time/personal schedule
- Work schedule/pressures
- Travel schedule
- Health Issues
- Family matters

Intrinsic factors include:

- Personality
- Focus
- Motivation
- Organization
- Self-control/discipline
- Concern for the consequences of one's actions
- Self-esteem
- Self-care
- Happiness/Depression
- Addictions

First, look at both categories to see which factors apply to you either positively or negatively. Next, honestly ask yourself how ready you are to make changes in yourself, habits and/or lifestyle in order to reach your weight loss goal. A simple 1-10 scale can be very helpful:

1-3 = You want to lose weight or improve your health, but are not ready or motivated enough to take specific actions toward the goal. You know you would still benefit from some general coaching or training and want to learn more.

4-7 = You are willing to make some changes and are open to receiving guidance.

8-10 = You are ready and highly motivated to do whatever is necessary to achieve your goal.

Where do you fall? (circle one)

1 2 3 4 5 6 7 8 9 10

If you are a 1-3: Think about what's most important to you. Why have you said you want to lose weight or make changes? The LEANPower! Program can help you learn how to lead a healthy lifestyle, and can also help you take the first few steps toward making lasting changes when you become more motivated. It's all about finding your "why".

If you are a 4-7: The LEANPower! Program can help you discover the obstacles that are getting in the way of your motivation. If they are things you have control over, you will be encouraged to do something about them. If they are not, you will be supported in accepting things as they are but also in making some positive changes at the same time. These can include increasing your protein, adding a few more fruits and vegetables to your diet, reducing your portion sizes, and getting into a regular exercise routine.

If you are an 8-10: That's great! You may not do it perfectly, but the LEANPower! Program provides you with all the tools you need to reach your weight loss and health goals with the support to see it through. Step-by-step you'll begin to look and feel better and finally get the results you want – that lean and shapely physique you've always dreamed of and better health to boot!

Regardless of where you fall on the above scale, there are different reasons that people become overweight, from food issues to exercise adherence. As you prepare to make changes in your behavior and lifestyle, it's important to know what the obstacles are. "You don't know where you're going until you know where you are." However, making change is a process. It doesn't happen overnight. So let's look at it in terms of the **Three A's of Change: Awareness, Acceptance, and Action.**

1. Awareness

Food Issues

I feel the greatest obstacle(s) to my weight loss success has/have been:

- lack of focus/knowledge
- eating is a source of entertainment
- lack of commitment or concern about the consequences of my food choices
- lack of self-control
- food is a source of comfort to combat stress, anxiety or depression
- food is an addiction

- Those who fall into the first three categories probably just need direction and support, and may have an easier time implementing this program than others.
- For those in the last three categories, the LEANPower! Program can't solve the issue, but could help you find food substitutes, help you improve your lifestyle, or even reveal a need to go deeper and seek outside help to deal with your food issues.

Exercise Adherence

I feel the greatest obstacle(s) to my weight loss success has/have been:

- lack of focus
- lack of knowledge
- lack of motivation
- lack of energy
- perceived lack of time
- lack of commitment/allowing other things to take priority
- dislike of physical activity/needing a workout partner
- financial difficulties
- physical injuries

- For those who checked off any of the first five, the good news is that the LEANPower! Program provides structure, accountability and planning that can help with all of these.
- The next three are all about choices, and finding what will work for you.
- The final item may need further exploration.

2. Acceptance

- Resist the urge to go right from **Awareness** to **Action** – “Okay, now that I know this, I’m going to change it right away.” This is the most important of the three steps, **SELF-Acceptance**, and is absolutely vital in making any kind of lasting change.
- Reflect on and take responsibility for your past choices before moving forward.
- Be good to yourself, and prepare to take it at your own pace without beating yourself up for mistakes.
- Make the decision to make this the utmost priority in your life, and *then* get ready to do something about it.

Write out three positive statements about yourself to help you on your journey (e.g. “I deserve this!” or “I can do anything I set my mind to.”):

1. _____
2. _____
3. _____

3. Action

- Now it’s time to take the show on the road.
- **Stay focused on the goal**, no matter what is going on around you.
- **Keep your motivation up** – not just the first week, but day after day, month after month until you get to where you want to be and beyond. Refer often to the reasons you listed in the Goal Assessment for wanting to lose weight in the first place.
- **Think positive**, even if you don’t feel that way, and continue to *focus* on the positive, no matter what.
- **Put yourself first**. Be like those who achieve their goals by holding yourself in high esteem, believing that you deserve it, that you can do it, and that no matter what is going on around you you’ll find a way to put yourself (and your wish) first.
- **Believe in yourself**. You can accomplish anything you set your mind to.
- **Problem-solve**. When a struggle or obstacle occurs, ask yourself empowering questions like, “How can I work around this?” or say, “I’ll find a way!” versus “Can I do it?” or “I don’t know if I’m going to make it.” Believe there’s a way, and you’ll find it.
- **Reward yourself** for even the smallest success, and have some fun with it. This shouldn’t be all about intense work or deprivation.
- **Discover your personal power**. It’s there and it’s *amazing*, if you just look hard enough!

Now let’s finish the job with something called “Feed Your Soul (But Not With Food!)” to support you further in achieving your weight loss goal. Losing weight is not just about making better food choices and getting more exercise, it’s also about the spirit with which you do so, and finding things other than food to fulfill you.

Name three things you will do in order to Feed Your Soul. For example, “Buy a new book to read” or “Take 30-minutes of down-time every day.”

1. _____
2. _____
3. _____

In the end, it’s all about you being there for you. Show up for yourself, one day at a time, and before you know it, you’ll look in the mirror and see a whole different person has emerged!