

Module Seven

Renewing Your Purpose



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YOU ACKNOWLEDGE THAT YOU HAVE CAREFULLY READ THIS "WAIVER AND RELEASE".

Habits Take Time

On average, research shows that it takes 60 days or more to establish one new habit to the point where it feels automatic.

60 days.

We're not even that far into this program yet!

This is said not to discourage you, but to help provide perspective as you develop your Healthy Habits.

Are you still struggling with integrating a Healthy Habit goal you set the second week of the program? That is normal.

Do you feel a little overwhelmed with the amount of change you've put into place? It might be time to scale back a bit, allow the process of time and consistency to do its work.

Are you able to let go of the setbacks you've had, and renew your purpose this week? It's not always easy to let go, but in order to move forward and stay committed to the program it's important to be kind to yourself and remember that change is hard.

Renewing Your Purpose

This week's theme is Renewing Your Purpose. It is an opportunity to explore how Motivation works for you, and to continue focusing on the reasons it matters for you to successfully complete the program and establish Healthy Habits for life.

So what IS the end purpose to joining this program? If you look back at the worksheet you completed, "Why I Joined" - what did you list? Was it just shedding some pounds, or were there other pieces to your purpose? Having a healthy and hearty relationship with food? Being a good role model for your children?

These goals, this purpose to your program, are much bigger than the establishment of a few habits. They take commitment and consistency over time - and that means allowing yourself the grace and space and time you need to make the changes you want to see in your life. There is no rush. 12 weeks is the length of the program. It's not an arbitrary deadline to have everything "figured out".

Motivation

Motivation is literally the desire to do things. It's the difference between waking up before dawn to pound the pavement and lazing around the house all day. It's the crucial element in setting and attaining goals, and research shows you can influence your own levels of motivation and self-control. So figure out what you want, power through the pain period, and start being who you want to be.

High achievers are often marked, unsurprisingly, by a strong motivation to achieve. Less accomplished individuals are often more motivated to avoid failure.

Achievement motivated individuals have a strong desire to accomplish something important and feel best when accomplishing demanding tasks. They are willing to expend intense effort over long timespans in the pursuit of their goals.

Failure-avoiding individuals are more focused on protecting themselves from the embarrassment and sense of incompetence that can accompany failing at a valued task. Consequently they are less likely to attempt achievement-oriented tasks and may give up quickly if success is not readily forthcoming. Where total avoidance of tasks is not possible, failure-avoiding individuals may procrastinate or give less than their best effort.

Motivation

Of course, achievement motivation versus failure-avoidance motivation exist on a continuum, with most of us falling somewhere in the middle. In the research literature, this continuum is described as Relative Motive Strength.

An individual's relative motive strength does not exist in a vacuum, but is associated with an elaborate matrix of beliefs that justify the commitment of intense effort toward goal achievement, or the relative lack thereof.



Motivation

The core beliefs that differentiate achievement motivated individuals are:

1. Success is your personal responsibility

Achievement motivated individuals tend to believe that initiative, effort, and persistence are key determinants of success at demanding tasks. Failure-avoiding individuals are more likely to view success as dependent on available resources and situational constraints (e.g. the task is too hard).

2. Demanding tasks are opportunities

Achievement motivated individuals tend to see demanding tasks, where success is uncertain, as 'challenges' or 'opportunities'. Failure avoiding individuals are more likely to see them as 'threats' that may lead to the embarrassment of failure.

3. Achievement striving is enjoyable

Achievement motivated individuals associate effort on demanding tasks with dedication, concentration, commitment and involvement. Failure-avoiding individuals categorize such effort as overloading or stressful.

Motivation

4. Achievement striving is valuable

Achievement motivated individuals value hard work in and of itself. Failure-avoiding individuals may mock achievement striving as uncool. They may associate achievement striving with lack of a social life.

5. Skills can be improved

Achievement-motivated individuals have a strong belief that they can improve their performance on demanding tasks with practice, training, coaching, and dedication to learning. Failure-avoiding individuals tend to see skills as fixed and/or dependent on innate talents.

6. Persistence works

Achievement motivated individuals are inclined to believe that continued effort and commitment will overcome initial obstacles or failures. Failure-avoiding individuals are inclined to see initial failure as a sign of things to come.

Fly Rock, Wellington, New Zealand - (C) Carl Beuke 2007

Motivation

The beliefs held by achievement-motivated individuals are not necessarily more logical or objectively correct than the beliefs held by failure-avoiding individuals. However, they are empirically associated with high levels of achievement.

Once you understand the modes of achievement motivated versus failure-avoiding thinking, you will recognize them in the way that others talk about their goals, dreams, successes, and setbacks. You will also recognize them in your own thinking, and you can choose to cultivate the beliefs that will support you to achieve your goals.

“Desire is the key to motivation, but it's determination and commitment to an unrelenting pursuit of your goal - a commitment to excellence - that will enable you to attain the success you seek.”

~Mario Andretti

Vision Board

Vision boards serve to add clarity and remembrance of your big hopes and goals by creating a visual aid. Consider making one to help you complete the final weeks of this program, and reinforce the habits you will maintain when the program is finished.

Before you start your vision board, read back through your goals and why Healthy Habits matter to you. Be very clear about what you would like to change in your life and what you would like to improve. If you have been journaling, this knowledge should come a little easier and you will have double reinforcement.

Play music while you create your vision board, any kind of music that inspires and energizes you.



Turn to page 2 of your Week Seven Activity Book for details on how to make a vision board.

Focusing on Food



“ It’s not that some people have willpower and some don’t. It’s that some people are ready to change and others are not.

~James Gordon ”

Weekly Food Activity

What were your Healthy Habits food goals last week? You should have identified a caloric target and one other goal.

With your goals in mind, look at last week's food log on Loselt and check the following:

- What were your daily average calories last week? Above or below your target?
 - If below your target, what can you do this week to get in more calories each day?
 - If above your target, do you want to move more next week, or eat less? Choose what works best for your schedule and lifestyle.
- How did you do with your second target for the week? Was it easy? Hard?

Use the provided worksheets on page 3 of your Week 7 Activity Book to set up your week.

1. What small changes are you making this week to help accommodate your goals?
2. What potential challenges do you foresee this coming week?
3. How can you use your new self-definition with food to navigate these challenges?

Focusing on Body



Don't wait until everything is just right. It will never be perfect. There will always be challenges, obstacles and less than perfect conditions. So what. Get started now. With each step you take, you will grow stronger and stronger, more and more skilled, more and more self-confident and more and more successful.

~Mark Victor Hansen



Weekly Body Activity

- What were your Healthy Habits Body goals last week? You should have identified a NEAT goal and a planned activity goal.
- With your goals in mind, look at last week's Activity log on LoseIt and check the following:
- What were your daily average NEAT last week? Above or below your target?
 - If below your target, what can you do this week to get in more NEAT each day?
 - If above your target, do you want to maintain that next week? Choose what works best for your schedule and lifestyle.
- How did you do with your planned Activity target? Do you want to stay the same or increase?

Use the provided worksheets on page 7 of your Week 7 Activity Book to set up your week.

1. What small changes are you making this week to help accommodate your goals?
2. What potential challenges do you foresee this coming week?
3. How can you use your new self-definition with Body to navigate these challenges?

Focusing on Mind



“ “ Change your thoughts and you
change your world. ” ”
~Norman Vincent Peale

Weekly Mind Activity

Each week you should try to take daily time for meditation and visualization regarding the theme of the week. These themes are designed to help you progress and develop Healthy Habits in the areas of Food, Body, and Mind.

Most of the work you do in establishing Healthy Habits is mental – changing patterns of behavior that you’re comfortable with into something that you desire.

Turn to page 14 of your Week Seven Activity Book and complete the worksheet.

Your weekly mind activity is a short process of visualization and/or meditation around the theme of the week.

This Week’s Themed Visualization

Renewing Your Purpose

Use the definitions you created for yourself related to Food, Body and Mind. Take 10-15 minutes at the beginning of the week to visualize yourself as the person you have defined with words, in conjunction with your Vision Board for the future. What does she do, say, think in the everyday or in extraordinary situations?

Week Seven: Complete!

Make sure you finish all activities listed, and participate with your online community to get the best results!



Creating Healthy Habits,
One Week At A Time!