

# Module 8: Staying Thin

“Some of the best lessons we ever learn are learned from past mistakes. The error of the past is the wisdom and success of the future.”  
- Dale Turner

# Overview

- Motivation Strategy
- The Ultimate Success Formula
- Maintenance Strategies
- Support Systems

# Two Key Presuppositions

- You can only succeed if you're Solution Oriented
- This is a Learning Process (handwriting example)

# Motivation Strategy

- Pain based motivation strategy is most common
- Move from pain based to pleasure based
- We are pleasure seeking organisms
- You're doing this to increase the quality of your life
- Identify and reinforce all the pleasure of that lifestyle

# The Ultimate Success Formula

- Decide what you want and why
- How are you going to make it happen?
- Take action
- Reflect on your results and adjust
- Repeat

# Decide what you want (and why)

- This step should be fun
- This is where you create intense motivation
- State it in the positive
- The more you can articulate what and why the better
- Keep these at forefront of your mind

# What's Your Plan?

- What do you believe you need to do in order to succeed?
- Focus on your behaviors, not your weight
- See your behaviors as a complete pattern
- Customize a plan for you
- Focus on plans that are sustainable



# Take Action

- The ultimate cause of your weight/health
- Not just in your behaviors, but also in your thinking
- Small action are better than no actions
- Taking action is addictive

# Reflect and Adjust

- This is a process of learning
- Mistakes are the best teachers
- Beating yourself up wastes energy, put it into solutions
- Replay situations knowing what you know now
- Focus not just on behavior but also state

# Repeat

- Commit to the outcome, not the strategies
- Think of it as a puzzle
- Everything you've learned took persistence
- There's no time limit

# Maintenance Strategies

- +/- 5 Pounds
- Reduce to the ridiculous (consistency)
- Always be tweaking
- Remember what it feels like to be on track
- Be prepared for mistakes and “slumps”
- Think long term

# Support Systems

- Be prepared for times your unmotivated
- Online, Books, Videos, Journaling
- Role Models- real, virtual, imaginary
- Honor Your Routines
- Activity Commitments
- Manage Your Energy