

GROW Coach Model Handout for Week 8

Hello ME!

We are now in week 8. Our area of focus this week is behavior modification and our topic is “What motivates you?”. Please refer to the handouts listed on your handout schedule.

We will be looking at Handouts B18, Motivate!, and P03, Calories Burned During Physical Activity.

MOTIVATION!! Wow. How tough is this one? Over the years, the most common question asked during this program is, “How do I stay motivated?”. Great question...hard to answer. Staying motivated will be different for everyone, we all have unique motivators. What everyone needs to do is dig deep and figure out the **WHY** behind your lifestyle changes. Those who can identify a firm reason as to why they want to make a change usually have better success.

Handout B18, Motivate!, has lots of good tips on staying motivated. Here are some of the best ones for maintaining focus and motivation:

- **Get serious.** It’s true. Making your lifestyle change a priority will increase your chance for success. It has to be at the top of your list for you to see results.
- **Have goals.** Goals keep you focused and help you measure success. Set goals and re-evaluate on a regular basis.
- **Do what it takes.** Change won’t happen just because you want it to happen. You need to create an environment that will support what you need to do to make it work. Make time in your schedule to exercise. Stop using the drive-thru. Manage stress. Do what it takes.
- **Learn from setbacks.** Made some less than desirable choices today? Go inside and ask yourself why you made the choice you did. We like to think it just happens, but in reality we can learn a lot by looking at the **why** behind our actions. Were you stressed, bored, mad, tired, or lonely? What was really going on?

Many of us will agree that a great way to stay motivated is to see positive results. Watching the numbers go down, that feels good. Clothes fitting better, that is what we want to see. Do not forget how important activity is for weight loss and maintenance. Use the handout, P03, Calories Burned During Physical Activities, to give you an idea of how many calories you are burning by being active. Gradually increasing your activity will help you see the results you want and help you to stay motivated.

Assignment:

- Identify two reasons why you want to make the lifestyle changes you have chosen.
- Create a positive statement you can repeat to yourself when you feel your motivation slipping away. It is ok to talk to yourself!

Thought for the week:

The most motivating thoughts spring from gratitude.



Employee Health Promotion
Disease Prevention

Center for Engineering & Occupational Safety and Health, and
Occupational Health Strategic Healthcare Group, Office of Public Health (10P3)
Veterans Health Administration, Department of Veterans Affairs
www.publichealth.va.gov/employeehealth