



Week 9 – Relapsing – Resetting Goals

1. When you have been successful in losing weight, what worked for you, why was it successful?

E.g.:

- Support from friends and/or family
- Regular weigh in
- Having a reason to lose weight

2. When you had a slip up in the past when trying to lose weight, what were the circumstances or what was the situation which you think might have led to the slip?

E.g.:

- Friends
- Tired
- Particularly hungry
- Having a drink (alcohol)
- Emotional event

3. Thinking about the situation now and being mindful of your answers to the last 2 questions, of all the things which could go wrong with this weight loss programme, what is the most likely to go wrong for you?

E.g.:

- Business lunches
- Feeling hungry
- Going out on the town with friends

4. Based on your last 3 answers, what can you do to avoid that situation or set of circumstances again? Write it down here and tell your group next week what you did to avoid the situation.

Check your goals that you wrote down on week 1. How far have you come? Are they realistic? Do you need to restate or change them?

Write them down here:

What are my long term goals – where do I want to be 1 year from now?

1. _____

2. _____

3. _____