

Introduction

Transformations: Mindset & Behavior Masterclass



About me...

- PhD in Counseling Psychology, after teaching middle school English for 6 yrs
- Diagnosed with type II diabetes in 2001; Changed my personal health journey in 2014
- Worked as a therapist in private practice for over 12 years
- Joined TFM team in 2019



Disclaimers...

- Nothing we discuss in the Masterclass is provided as medical advice
- Though I have been trained as a psychologist, I am not **your** psychologist

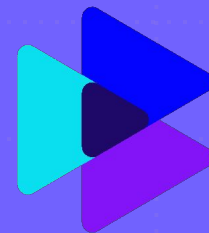
How to make the most of this Masterclass...

- Listen, reflect, explore, dig, share, refrain from judging
- Take notes, journal, complete exercises and handouts in syllabus, participate in the forum thread
- Try on new thoughts, behaviors, and habits
- Be kind to yourself!



Creating Rock Solid Motivation

Terri Lance, PhD



the Fasting Method

Why finding your WHY matters...

- Working on something without a strong WHY or multiple strong WHYs is too hard for your brain
- Your brain doesn't want to use unnecessary effort, and doing hard things gets assessed as unnecessary
- Can you think of difficult things you have done to accomplish important goals—why did you push yourself despite the challenge?
- This journey is simple on paper, but the reality is that you are having to do difficult things, daily



Working hard for something we don't care about is called stress: Working hard for something we love is called passion.

Simon Sinek



If you have glossed over this step in the past, it likely backfired because...

- In order for your brain to be willing to push through resistance and the survival mentality of conserving resources (brain energy), it needs to know you are 150% serious about your goal(s)
- Therefore, the bigger goals you are working to reach have got to be truly based on what matters to you; if it's not important enough, it's not worth it and you will not do it

What you are willing to do for your WHY...

- Would you climb this pyramid if your desired outcome were waiting for you at the top?
- Will you work to develop new habits?
- Will you turn down tempting foods?
- Will you eat healthily/fast even though your family or friends don't understand or eat unhealthy things in front of you?
- Will you ride out hunger waves?
- Will you commit to getting the support you need to change your life?



To really figure out your WHY, just look at your values...

- What is it that you value in life?
- What drives you?
- What experiences mean the most to you?
- Is there anything you want to do but are currently unable to because of your health or your weight?

**WHEN YOUR
VALUES ARE
CLEAR TO YOU,
MAKING
DECISIONS
BECOMES EASIER.**

ROY E. DISNEY

@MondayMindsetPodcast

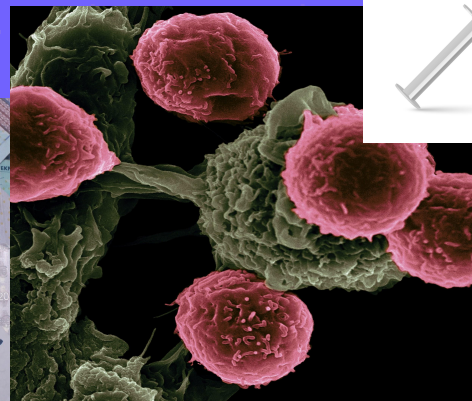
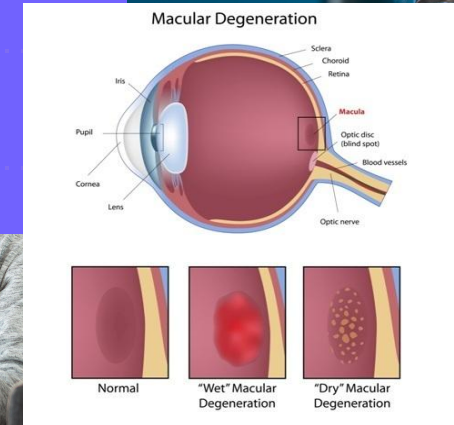


Uncovering what you value...

- As you dig deep into the core reasons you are engaging in this journey, the key to rock solid motivation is identifying a clear sense of what you will experience when you make progress
 - Do you want to travel and have mobility and energy to explore?
 - Do you want to feel comfortable in clothes that you love or that suit your purposes?
 - Is it important to you to set a good example for others in your life (spouse/partner, kids, siblings, parents, friends)?
 - How do you want to feel...physically, emotionally, mentally?
 - Do you want freedom from the constant wrestling match you have been navigating in your relationship with food?
- The sky is the limit here

Things you value avoiding...

- For some of us, things we want to avoid can be powerful motivators
- Is there anything related to obesity or metabolic syndrome you want to avoid?



Now you have identified your WHYs, but there's more...



- Having a good sense of what you truly want is not enough to translate your desires into success
- Now it is time to define your targeted GOALS
 - SMART goals and how they have backfired for many of us
 - Specific, measurable, achievable, relevant, time-bound
 - When you set goals like “I will lose 10 lbs by Sept 1”, you are focusing only on the outcome and not the process
 - Instead, set a SMART goal that actually defines what you will DO to reach the desired outcome (e.g., Between now and Sept 1, I will do three 24-42 hr fasts per week, and when I eat only at scheduled meal times, I will consume only foods that I know work well for my body)
 - Using a tool to help track your action steps can be helpful

Last but not least, daily commitment will spell success...

- There is a big difference between having intentions vs having commitment
- If you are not 100% sure you can adhere to your planned action steps laid out in your goals, revise the goal
- You will likely experience resistance and ambivalence in this change process—these are not signs of weakness or reasons you cannot succeed

