

Week 6: Goals

We're at the halfway point and this is the time to pause and take stock of how far you've come in your daily commitment to health. Be proud of your efforts so far. The journey is just beginning, but you've already come a long way in six weeks.

When you're overweight, finding confidence can be a challenge. As you work on your body, you have to continue to work on your head, believing that you have the strength to complete each day's requirements for better health and that you are worth the effort.

"I've worked with a lot of people who lacked self-confidence," says Bob Harper. "I really believe that confidence is *made*, you're not born with it. So this is what I would tell you to do. Fake it till you make it. You've got to find something that you like about yourself. You've got to put yourself into the realm of 'I can,' not 'I can't.' And when you get yourself in those ways of thinking, then the confidence will build. But it is a process. It's not going to happen overnight. Your confidence is naturally going to build as you get control of your weight, your diet—it all works together."

Jillian Michaels emphasizes over and over that losing weight not only takes real time but takes mental time: "It's a process. If you fail, keep starting over. New habits and routines can take weeks to master."

The Biggest Loser 30-Day Jump Start

Focus on what you can do each day to live a healthier lifestyle. Don't become discouraged if you have difficulty at the beginning. Review your good days and bad days to see what you can learn. Perhaps you have to plan a nutritious low-fat snack in advance. Perhaps you have to put more thought into your grocery list before you go to the store. Maybe you have to sign up for an aerobics class. Keep moving in the right direction!

Jon Dald, *From Couch Potato to Baked Potato: the tools and knowledge needed to take control and lead a more active lifestyle*, 1998

Research is clear that people are more successful at losing weight if they record what they eat. You have a “Small Steps” checklist for the various components of our 12 Weeks to a Better You! program. Here are two ideas from Kathleen Daelmans’ *Cooking thin daybook*, 2006:

Daily journal prompt

What I ate:

What I wish I hadn’t:

What I did for exercise:

Weekly report card

I really felt great when I

I can get better at

New foods I’m going to try

Next week I’m going to

Give yourself a grade for this week’s efforts: