



# GET READY FOR A DIET

## ACTION PLAN FOR SUCCESS

Congratulations on your dieting plans! It looks like you are motivated and ready for action! So go for it!

### STEP 1: SET A GOAL

A written goal will greatly enhance your chances to succeed.

It has to be relevant to you, measurable, realistic and time-bound. Think SMART goals.

Here's a blank:

I will have \_\_\_\_\_ by \_\_\_\_\_ [date],  
because I want \_\_\_\_\_.

For example:

- I will have lost 10 pounds by the end of the spring because I want to feel pretty in my summer dresses.
- I will have a waist measurement under 35 inches by six months from now [date] because I want to lower my risk of cardiovascular diseases.
- I will stick to an elimination diet for a month because I want to see my symptoms improve and want to find out which food causes my digestive problems.

Remember, if you plan to lose weight, aim to one pound (half a kilogram) weight loss per week maximum. Any more than that is not healthy for you.

## STEP2: BOOST YOUR MOTIVATION

### PROS AND CONS CHART

Evaluate how you see the benefits and the drawbacks of the diet right now. It might change later, that's okay! But hopefully the pros will outweigh the cons at the end.

The pros and cons of the change			
	If I proceed with the diet...	Pros	Cons
1.	Consequences for me		
2.	Consequences for others		
3.	My reactions		
4.	Others' reactions		

*Chart is based on the Sample Decisional Balance Scale from the book 'Changing for good' by J. Prochaska, J. Norcross and C. Diclemente.*

## VISUALIZE YOURSELF AT SUCCESS

Sit down for a few minutes in a quiet place. Imagine you are doing your diet for a while, making a great progress, and you have reached your goal. How do you feel?

I feel \_\_\_\_\_.

I look \_\_\_\_\_.

My confidence is \_\_\_\_\_.

My clothes are \_\_\_\_\_.

\_\_\_\_\_

\_\_\_\_\_

## STEP 3: PREPARE TO START YOUR DIET

### SMALL STEPS TO SUPPORT THE DIET CHANGE

- Get rid of unwanted food from your house
- Find new healthy and tasty recipes
- Find and buy alternative ingredients (dairy-free, low-salt, etc.)
- Find healthy workday lunch/dinner alternatives
- Stock up on nutritious snacks
- Buy a bathroom scale, soft measuring tape, etc.
- Find an app to help you keep track of your progress

### TELL EVERYONE

Or not. 😊 But the recommendation is that we should tell close friends, family members and maybe colleagues that we are changing our eating habits, and we are counting on their support and understanding.

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## CREATE YOUR PLAN OF ACTION

This is the place to recall the things that previously stopped you reaching your diet goals. Or you think could help this time. Consider issues in your environment, work, family, or within you, like self-talk or your emotions.

Problem 1: \_\_\_\_\_

Solution(s): \_\_\_\_\_

Problem 2: \_\_\_\_\_

Solution(s): \_\_\_\_\_

Problem 3: \_\_\_\_\_

Solution(s): \_\_\_\_\_

Problem 4: \_\_\_\_\_

Solution(s): \_\_\_\_\_

Problem 5: \_\_\_\_\_

Solution(s): \_\_\_\_\_

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## SET A STARTING DATE

If you feel like you are ready for action, listed more pros than cons, then go brave and choose a starting date within the next month.

I'm going to start my diet at \_\_\_\_\_.

That's all. You are all prepared to change your eating habits and fight your way through to a healthier you! Take care and if you have any questions or comments, feel free to contact me!

**Cheers! Livia (life coach in training)**