



*The Psychology of
Change:* **Strategies &
Tools to help you lose
and maintain weight**

15 x Worksheets

Worksheet 1: Overview

Why everything is about to *change*.

- Welcome to the OPTIFAST Lifestyle Education Series. There are fifteen episodes in this series.
- The episodes can be listened to on the OPTIFAST website. Each episode will take around 20 minutes to complete.
- Each episode has a worksheet that accompanies it.
- Following is a list of all of the episodes.

You can work through each episode in order, or select individual issues to work on as required.

Episode name:	Topic:	Worksheet Tasks:
01 Why everything is about to change	Overview.	N/A
02 Managing expectations	How planning for failure can help you succeed.	Preparing for change by setting some realistic expectations.
03 Core competencies for effective weight management	The 5 hidden trapdoors of weight loss.	Assessing your capacity in 5 key areas of readiness for change.
04 Mindful eating	Why mindful eating isn't what you think.	Assessing areas where you may not be eating mindfully.
05 Setting goals	Abraham Lincoln's big idea.	Developing realistic and achievable goals for weight control.
06 Mental Load	How doing less can get you more.	Learning about 'mental load' and assessing your current mental load.
07 Black-and-white thinking	Why being your best self could be the worst idea.	Assessing and modifying some of your beliefs about yourself.
08 Body image	Fixing THIS relationship could be the most important step you take.	Exploring your body image and developing a strong, healthy relationship with your own body.
09 Snacking	The odd feeling that everyone gets, nobody wants, but is incredibly useful.	Targeting a key eating habit for change, and monitoring feelings and thoughts as you progress.
10 Dealing with setbacks	The 3 little letters that can get you back on track	Assessing progress, and performing a 'tune-up' of goals.
11 Getting some sleep	The night-time visitor that can change the weight loss game.	Establishing 'sleep hygiene' practices to improve the quality and quantity of your sleep.
12 Pacing	How turtles beat rabbits in every race.	Setting a stable pace in your efforts. Planning to prevent relapse.
13 Relationships	How one little word can change your whole relationship.	Using 'I statements' to improve communication, for stronger relationships.
14 Solving problems	These three steps can turn problems into solutions.	Using the Structured Problem Solving technique to target and address a specific problem.
15 Building self-confidence	Undervaluing this person could be your biggest risk.	Improving the balance of tasks you do for yourself and for others, for better self-care.