

Worksheet 2: Managing Expectations

How planning for failure can help you *succeed.*

- What are your expectations about this program?
- What do you think this change process will really be like?
- We know that a lot of plans that go astray are the result of aiming too high, leading to frustration when the reality of a task doesn't meet your initial expectations.
- It's ok to aim high, but it's also worth taking a moment to ensure you have set a goal that is realistic for you.

Questions for you:

1 What is something you are NOT looking forward to, about losing weight?

2 How 'in control' of your weight do you feel at the moment?

very much somewhat slightly not at all unsure

3 How long do you think it will take, realistically, to arrive at your goal?

days weeks months years unsure

4 What are some possible setbacks you might encounter along the way?

5 For each of the answers to question 4, above, what would enable you to keep going anyway?

- Real, lasting change is hard. It takes time and perseverance.
- Remember to adjust your expectations along the way, to keep them realistic.
- Take your time, and be ready to push back against setbacks.