

Rekindling the WLS Spark: What to Do When Your “New Normal” Starts to get Old

Often other areas of our lives take a back seat while we go through a lifestyle change or new situation. When that situation stabilizes or becomes a “new normal”, the neglected life areas scream for attention which can affect the level of motivation needed to keep post-WLS changes progressing.

1) Determine your larger Life Goals:

(i.e. Open a small business. Hike a mountain. End a negative relationship. Finish a college degree.)

- a) _____ c) _____
 b) _____ d) _____

2) Examine your Life areas and write out Long/short term goals and smaller action steps that tie into your larger Life goals.

Small steps=Big Changes!

Life Areas	Long Term Goal	Short Term Goals	Action Steps
Career			1. 2. 3.
Financial			1. 2. 3.
Relationships			1. 2. 3.
Physical Activity			1. 2. 3.
Spirituality			1. 2. 3.
Creativity			1. 2. 3.
Social Life/ Home Life			1. 2. 3.

3) Circle the 3-4 steps that are your highest priority and that you’ll work on first!

4) Consider what aspects/behaviors of your post-WLS way of life will help you accomplish these steps?

(i.e. By tracking my daily food intake in my Food Diary, I will be able to plan out my weekly grocery expenses, save money by looking for sale items, and decide what items to buy in bulk. This would support a goal of getting your finances under control)

- a) _____
 b) _____
 c) _____