



# Module 14: Get Back on Your Path

## Participant Guide





There will be times when you have made less progress than you planned. That's okay. You can get back on the path toward your eating and activity goals. This is an important part of creating habits you can stick with.

## In this session, we will talk about:

How to get back on your path with healthy eating and activity goals and prevent similar issues in the future by:

- Staying positive
- Following the five steps of problem solving



**You will also make a new action plan!**

## Tips:

- ✓ There may be times when you fall short of your goals for a week or two. This is called a lapse, and it's very normal.
- ✓ Remember: A lapse is a big deal only if you let it become one. Whatever you do, don't give up!



# We All Sometimes Stray from the Path

## Tony's Story—Part 1

Tony is at risk for type 2 diabetes, so he's trying to live a healthy lifestyle. For 2 months, Tony does great with his eating and activity goals. As a result, he loses 9 pounds.

But on Friday, some of Tony's coworkers are laid off. He's worried that he will be next. He decides to prove himself to his boss by working extra hard.

On Monday, Tony comes into work early. That means he doesn't have time to pack his lunch in the morning, so he gets a bag of chips from the gas station instead of having a healthy lunch.

To impress his boss, Tony skips his usual lunchtime walk and instead sits at his desk and works through lunch. As a result, he doesn't get enough activity that day. Tony does the same thing each day that week.

By the weekend, Tony is mad at himself for not working toward his eating and activity goals. He's gained 2 pounds. He feels like he is so off schedule he doesn't know how to restart. He feels like giving up.



# Stay Positive and Solve Problems

## Tony's Story—Part 2

Tony decides to take action to get back to his routine and prevent similar lapses in the future.

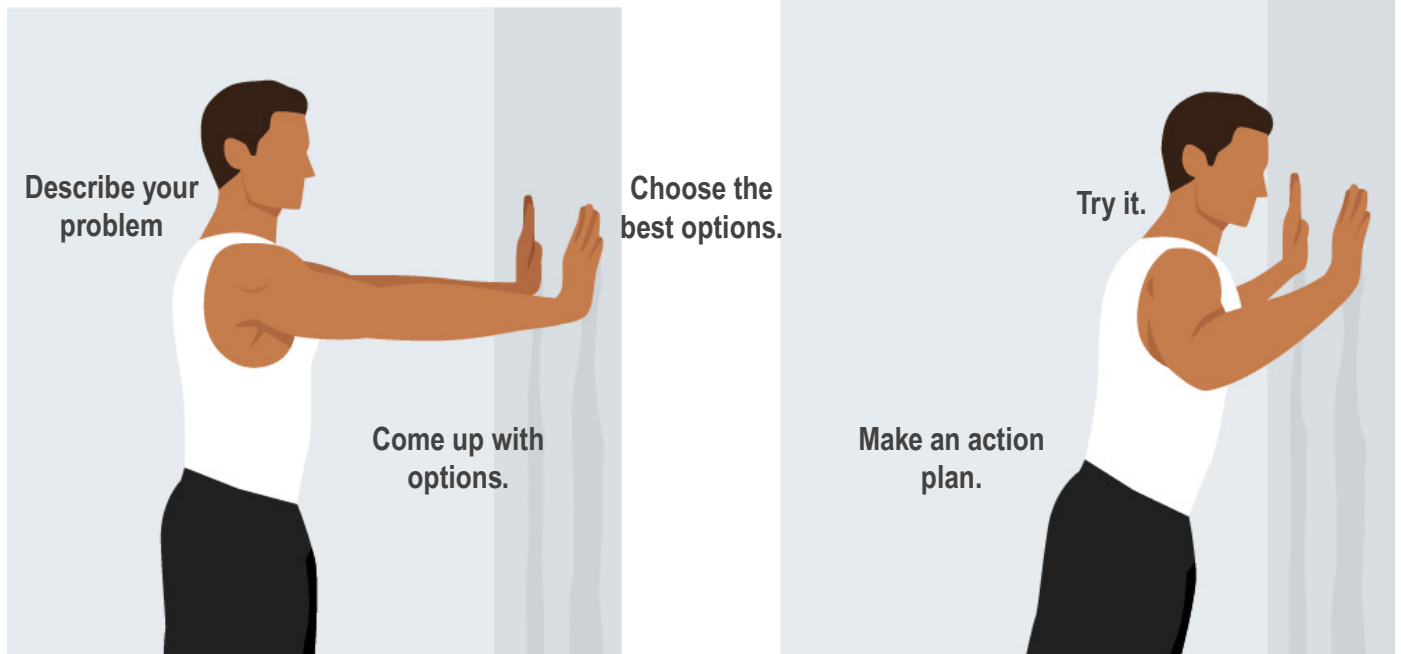
He knows that it is natural to get off schedule sometimes, but that it is also important to stay positive. He tells himself that he has made so much progress, and that even though he has had some lapses the past week, he can recover from them and get back to his routine.

Tony also uses the five steps of problem solving to help himself get back into a healthy routine.



# Stay Positive and Solve Problems

## Five Steps of Problem Solving



### Step 1: Describe Your Problem

First, Tony clearly describes his problems. He realizes he is doing two things that have taken him off his healthy path:

- Problem 1:

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- Problem 2:

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He also thinks about what caused these lapses and realizes that both of these problems have the same root cause: \_\_\_\_\_

# Stay Positive and Solve Problems

## Step 2: Come Up With Options

What are some ways that Tony can deal with his worry of losing his job?

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Next, Tony thinks about some ways to change what he has been doing and to make sure he eats a healthy lunch each day:

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He thinks of ways that can help him to be sure he gets enough activity each day:

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## Step 3: Choose the Best Options

After Tony comes up with these options, he decides he wants to try these two options in the next week:

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# Stay Positive and Solve Problems

## Step 4: Make an Action Plan

Tony uses his Action Plan Journal to record what he is going to do before his next PreventT2 session.

Between now and the next session, my goal is to:		
Action 1: What I will do		Done? <input type="checkbox"/>
Where I will do it		
How long I will do it		
Challenges I might face		
Ways to overcome these challenges		
Action 2: What I will do		Done? <input type="checkbox"/>
Where I will do it		
How long I will do it		
Challenges I might face		
Ways to overcome these challenges		

## Step 5: Try it

### Tony's Story—Part 3

Tony tries out his action plan, and it works! He now manages to eat a healthy lunch and get enough activity each day. By using the five steps of problem solving, he was able to identify what went wrong and how he could fix it. He also was able to see the root cause of his problems and to remind himself that even when circumstances are not good, he still can make healthy choices. He is proud of himself for getting back on the path toward meeting his eating and activity goals.



# Get Back on Your Path

Think about issues that have caused—or may cause—you to not follow your routine to meet your eating and activity goals. Choose one of these problems to focus on. Then stay positive and use the five steps of problem solving to address the problem you selected.



## Five Steps of Problem Solving

1. Clearly describe your problem. What do you think caused it?

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2. Come up with options. What are some ways to solve your problem?

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3. Pick the best options. Which of those options would work best to solve your problem?

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4. Make an action plan. (Use a blank action plan from your Action Plan Journal.) How will you act on your choices?

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5. Try it. See how it goes!