



# Module 16: Stay Motivated To Prevent Type 2

Lifestyle Coach Guide



# Module Overview

Staying motivated can help people stick to their healthy habits for preventing or delaying type 2 diabetes. This module helps participants reflect on their progress and keep making positive changes over the next 6 months.

Please note: This module should be done at the 6-month mark.

## Participant Learning Objectives

By the end of the session, participants will be able to:

- Reflect on how far they've come since they started this program
- Identify the group's next steps
- Set individual goals for the next 6 months

## Things to Do

In addition to the Session Checklist, you will also want to do the following:

Before this session:

- Communicate with your participants via email, text message, app, or social media to prepare and motivate them for this upcoming session on staying motivated to prevent type 2 diabetes. Here are some sample messages you can send to participants for this module:
  - 1 Week Prior: "During our next session, we are going to talk about staying motivated as we work to prevent type 2 diabetes. That begins with celebrating how far you've come and all the hard work you have put into this. Reply back to me with your proudest accomplishment so far that you would like to share with the group."
  - 2 to 3 Days Prior: "It's time to start thinking about next steps. How should you adjust your goals, routines, and habits to maintain your progress and stay motivated? We'll review the personal goals you set when we started. See you in a couple of days!"

- Create a document to display the accomplishments from participants during the “Look How Far You’ve Come!” section.
- Optional. Prepare a group progress report to share with participants during the session.
- Optional. Prepare individual progress reports for participants. These can be handed out during the session, emailed, or mailed to participants.
- Optional. Let participants know that you will be taking a group photo or ask participants to take a photo and text or email it to you.

### After this session:

- Communicate with your participants via email, text message, app, or social media to continue the conversation on staying motivated. Here are some examples of messages to post:
  - “Remember to write down or update your personal goals. Setting and reflecting on these goals will help you stay motivated and define your success.”
  - “Let’s continue the learning. Share how you met your goals or a challenge you faced head on and overcame. You can also share your updated personal goals and challenges you expect.”

# Session Content

The following content is designed to last for 60 minutes. Please allow about 10 extra minutes to receive weigh-in information and to consult with participants privately, if needed, at the start of each session.

|                                  |         |        |
|----------------------------------|---------|--------|
| Welcome and Review               | Page 4  | 5 Min  |
| Session Focus                    | Page 5  | 1 Min  |
| Look How Far You've Come!        | Page 6  | 19 Min |
| Our Next Steps                   | Page 10 | 5 Min  |
| Your Goals for the Next 6 Months | Page 12 | 20 Min |
| Plan for Success                 | Page 15 | 5 Min  |
| Summary and Closing              | Page 17 | 5 Min  |

# Welcome and Review



Time Estimate: 5 minutes  
Method: Facilitated Discussion

## **SAY:**

Welcome back, everyone! This is the [current session number] meeting of [name of program]. Today, we are going to talk about staying motivated over the next 6 months. Before we start, let's spend a few minutes going over what we discussed last time. I will try to answer any questions you may have.

## **DO:**

Briefly summarize the previous session.

## **DISCUSS:**

What questions do you have for me about what we talked about last time?

## **SAY:**

Let's talk about how things went with the action plan you made last time.

## **DISCUSS:**

What went well? What didn't go well?

## **SAY:**

Now let's talk about how it went with the other things you tried at home.

## **DISCUSS:**

What went well? What didn't go well?



Time Estimate: 1 minute  
Method: Presentation

**SAY:**

Please look at “Session Focus” on page 1 in the Participant Guide.



For a virtual session, use the screen share feature to display “Session Focus” from the Participant Guide for all participants to view.

**SAY:**

Staying motivated over the next 6 months can help you stick to your healthy habits for preventing or delaying type 2 diabetes.

Today, we will talk about:

- How far you’ve come since you started this program
- Our group’s next steps
- Individual goals for the next 6 months

Finally, you will make a new action plan.



Time Estimate: 19 minutes

Methods: Presentation, Facilitated Discussion

The activities in this section celebrate the successes of the group and those of each participant.

## **SAY:**

Let's start by looking at how far you've come since you started this program 6 months ago. Leading up to this session, I've been asking you for notes about what you each have accomplished, from changing what you eat to increasing your activity to overcoming challenges.

Let's take a look at what we have accomplished together.

## **DO:**

Display the collection of testimonials and notes you received from participants before the session. Review a variety of accomplishments, asking for details from those willing to share.



For a virtual session, use the screen share feature to display the group's accomplishments.

## **DISCUSS:**

I'd like to take a couple of minutes for questions or thoughts on our progress. What are your questions for me or for another member about their progress? What have you learned that was key to your progress? What are you most proud of?

## **DO:**

Facilitate the conversation to encourage sharing and support among members. Highlight the new skills that participants have been using, barriers or problems they solved, and growth in confidence. Try to be specific, such as "Pam, you have really become an expert in making beautiful, healthy lunches."

## Group Progress Report (Optional; 5 minutes)

### DO:

Prepare a group progress report to share with participants. Provide totals for the whole group, not individuals. The report should include:

- Pounds the group has lost (starting total body weight minus most recent total body weight)
- Percent of body weight the group has lost (total pounds the group has lost divided by total starting weight)
- Minutes of activity per week the group has added (most recent total minutes minus starting total minutes)

### SAY:

Let's look at how much progress you've made as a group.

### DO:

Hand out or display a report that gives the group's progress so far. Explain the report. Use a flip chart or whiteboard if you wish.



For a virtual session, use the screen share feature to display the report as you discuss the group's accomplishments.

## Individual Progress Report (Optional; 5 minutes)

### DO:

Prepare individual progress reports for each participant. Each report should include:

- Pounds the person has lost (starting body weight minus most recent body weight)
- Percent of body weight the person has lost (pounds the person has lost divided by the person's starting weight)
- Minutes of activity per week the person has added (most recent minutes minus starting minutes)

Hand out individual progress reports to participants. Explain the report. Use a flip chart or whiteboard if you wish.

These reports are intended to be private. Be sensitive that participants may not want to share their progress with others. However, depending on your group and if participants feel comfortable sharing their individual progress, divide participants into small groups to reflect on their progress.



If your group is meeting virtually, consider scheduling one-on-one time with each participant over the phone or on a video call to review individual reports. You can also email or mail the reports in advance and review them broadly during the session.

### SAY:

This report is just for you. No one else will see it unless you want to share it.

What general questions, if any, do you have?

## Group Photo (Optional; 5 minutes)

### DO:

Create a photo memory of participants' experience in PreventT2. Plan to give it to them at the last session. Some photo options include:

- Take a photo of the entire group.
- Have participants send you a photo of themselves taken at home or offer to take photos of participants who aren't able to take and send photos on their own. Use these individual photos to create a collage of the group.

### SAY:

I will give you a copy of the photo(s) at the last session. Some of you have reached your weight and activity goals. Others of you are still working toward them. But all of you have made great progress. I'm so proud of you, and I hope you're proud too.



Time Estimate: 5 minutes  
Method: Facilitated Discussion

In this part of the session, share the activities that will be completed in the next 6 months and what support options are available.

## **DISCUSS:**

If we are to be successful in our work together, what would that look like?

## **SAY:**

Now let's look at where this group is headed.

## **DO:**

Tell participants what to expect over the next 6 months of the program. Talk about the topics that will be covered, how often the group will meet, and any get-togethers that will happen. Answer questions as needed.

## **SAY:**

Meeting less often can make it challenging to stay motivated. So, I urge you to come to all the sessions that are left. And remember: There are other ways to get support.

## **DISCUSS:**

What are some other ways to get support?

## DO:

Share the following (if not mentioned by participants):

You can get support from:

- Family, friends, and coworkers
- Groups, classes, and clubs (online and in person)
- Health care and other professionals

Encourage your group to connect outside of session time. You can facilitate this by forming an in-person or online social network and by setting up get-togethers. (See “Program Overview” for more details.)

Tell participants that they can refer to “Module 15: Get Support” in the Participant Guide to learn more about getting support.



Time Estimate: 20 minutes  
Methods: Presentation, Facilitated Discussion

This activity supports participants in setting goals for the next 6 months of the program.

## **SAY:**

We've discussed this group's next steps. Now let's talk about your next steps.

You've come so far since you started this program. And you've overcome many challenges along the way. Now, it's time to check in on that new version of yourself you have been working toward over the last 6 months.

## **Marie's Story (10 minutes)**

Please look at "Marie's Story" on page 2 of the Participant Guide.



For a virtual session, use the screen share feature to display "Marie's Story" from the Participant Guide for all participants to view.

## **DO:**

Read (or ask a volunteer to read) Marie's story.

## **DISCUSS:**

What has Marie learned about herself? What is she doing to stay motivated?

## DO:

Share the following (if not mentioned by participants):

- She has changed her routines and is developing new habits, which are a huge part of the new version of herself she wants to see.
- To stay motivated, she wants to be part of a couple that is committed to preventing type 2 diabetes. This is just the motivation she needs to create even more great habits.

## Individual Goals for the Next 6 Months (10 minutes)

## DISCUSS:

When you think about the next 6 months, what are some things you would like to do? What habits will you need to keep? What new ones do you think you will add?

## SAY:

Please look at “Individual Goals for the Next 6 Months” on page 3 in the Participant Guide. First, look at the personal goals you created back in our first session. Then, take a few moments to review how you have done and if you need to revise any goals or create a new goal or two. Write your new or revised goals in the space provided.

## DO:

Allow a few minutes for participants to review their personal goals and think about changes that need to be made. Answer questions and assist participants as needed.

## DISCUSS:

If you have met one of your goals and need to create a new one, can you share how you were able to accomplish your goal? What new goal are you excited about?

If you haven't been able to reach your goals, what has prevented you from accomplishing them? What have you learned about trying to accomplish this goal? How do you plan to adjust your goals?

## **SAY:**

Now let's write down your next steps. In addition to your personal goals, you again have activity and weight loss goals.

As you can see, your activity goal for the next 6 months is unchanged—to get at least 150 minutes of activity each week at a moderate pace or more. Ideally, that's 30 minutes of activity 5 days a week. If, however, you would like to step it up and make a higher goal, write this new goal in the space provided.

You may want to revise your weight goal. Let's fill it out together.

First, fill in what you weigh now. Next, decide if you want to lose weight or maintain your weight in the next 6 months. Mark your choice in the Participant Guide. If your goal is to lose weight, write the weight you will reach. If your goal is to maintain your weight, write the weight you will stay at.

## **DO:**

Help participants fill in their weight goals.



Time Estimate: 5 minutes

## **SAY:**

Please look at your Action Plan Journal. Let's spend the next few minutes making a new action plan.

Keep in mind what worked and what didn't work well for you since our last session. Are there any changes that you want to make to your new routines? Are you ready for a new routine?

Also, keep in mind what we discussed today about staying motivated as you continue on your journey to prevent type 2 diabetes.

As you try out and practice your new routine, make sure to add in the following to make it automatic:

- Make your new routine easy and the old one harder to follow.
- Build in a healthy reward.
- Create times to repeat and practice your new routines.

If you are ready to add another routine, complete these 3 steps:

1. Identify what current routine needs to change or stop.
2. Plan a new routine that helps you make a positive change that will stick.
3. List cues or hints for when to use your new routine.

## **DO:**

Give participants a few minutes to make their action plan.

## **SAY:**

Please look at the “Stay Motivated” module and “Personalized Pledge” on pages 4 and 5 in the Participant Guide.

I encourage everyone to review these PST modules. “Stay Motivated” is an interactive module that includes steps to stay motivated and ideas for beating self-defeating thoughts, and you can create a new personalized pledge to stay committed to your goals. If you do not have reliable internet, please speak with me about alternative ways to access the online materials.

## **DO:**

Tell participants to follow the links provided to access the PST modules, “Stay Motivated” and “Personalized Pledge.”

“Stay Motivated” module: [www.cdc.gov/diabetes/programs/preventt2/quiz.html?week=16](http://www.cdc.gov/diabetes/programs/preventt2/quiz.html?week=16)

“Personalized Pledge”: [www.cdc.gov/diabetes/programs/preventt2/pledge.html?pledge=3](http://www.cdc.gov/diabetes/programs/preventt2/pledge.html?pledge=3)

Demonstrate how to navigate to the Personal Success Tool modules while sharing your screen.



Time Estimate: 5 minutes

## **SAY:**

Between now and the next session, please complete “Celebrate Your Success” on page 6 in the Participant Guide. Write your ideas in the “Other Ways To Celebrate” column. Check off each idea you try.

I’d also like you to complete “How To Stay Motivated” on pages 7-9 in the Participant Guide. Write your ideas in the “Other Ways To Stay Motivated” column. Check off each idea you try.

## **DO:**

Answer questions as needed.

## **SAY:**

We have come to the end of our meeting. Today, we discussed staying motivated over the next 6 months. We talked about:

- How far you’ve come since you started this program
- Our group’s next steps
- Individual goals for the next 6 months

## **DISCUSS:**

Do you have questions about anything we talked about today?

## **SAY:**

Next time, we’ll talk about the things you tried at home, including your action plan. We’ll also talk about [include specific topics that will be presented in the next session].

Thank you for coming to this session. Remember to bring your Participant Guide and Action Plan Journal to the next session.

End of meeting.