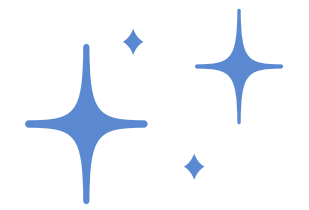


# Habit Changers - Tools to **Transform**



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*ProCare Health - Life Support*



Sponsor: ProCare Health



# Welcome to the Support Group!

## Habit Changers - Tools for Transformation



- **Full Awareness** - How to become more keenly aware of what your habits are, why you want to change, how to identify triggers, and what the rewards are.
- **Tool #1 –Affirmations:** Short mindful phrases that emphasize intention.
- **Tool #2 – EFT Tapping:** Emotional Freedom technique. Helps to neutralize the trigger and changes response
- **Tool #3 – Distraction and Engagement:** Distract yourself from an old habit and enlist a new one. (Includes Healthy Food Swaps)
- **Tool #4 –Reminders:** Support change with reminders
- **Reinforce Your Change** - Prepare for Slip Ups, Enlist help, and Remember How Far You've Come!





# Full Awareness of the Habit

①

## Identification of Change

Identifying what you want to change.

②

## Your "why"

- Increased physical health
- Increased mental wellbeing
- Increased emotional stability
- Increased spiritual connection

③

## Triggers - conscious vs unconscious

- Physical things in your environment
- Sabotaging thoughts
- Emotional components
- Need for approval

④

## Rewards

- To calm ourselves
- We emphasize unworthiness
- We emphasize mistrust
- We emphasize lack





# Some Simplified **Steps-** **Tools for Change**

1

## Affirmations

Short mindful phrases that emphasize intention.

**Handout: AFFIRMATIONS**



2

## EFT Tapping

Emotional Freedom Technique. Helps to neutralize trigger and change response.

**HANDOUT: EFT TAPPING**



3

## Distractions and Engagement

Distract from an old habit and enlist in a new one.

**HANDOUT: FOOD SWAPS**



4

## Reminders

Support change with reminders.

I CAN  
CHANGE

IDENTIFY THE



*fear*

"I am going to gain all my weight back"

1

# Affirmations

[Link to Handout: CLICK HERE](#)



"I am confident  
in the decisions I  
make"

**Lack of  
Confidence  
vs Confidence**

"There is no way I will be able to do that"  
vs  
"I am confident in the decisions I make"

"I am true  
to myself"

**Self-Sabotage  
vs Telling the Truth**

"I don't know that I will be able to follow thru on  
what it takes to be able to make these changes"  
vs  
"I am true to myself"

"All things are  
possible"

**Mistrust  
vs Faith**

"I don't believe that I am able to  
make the changes necessary."  
vs  
"All things are possible."

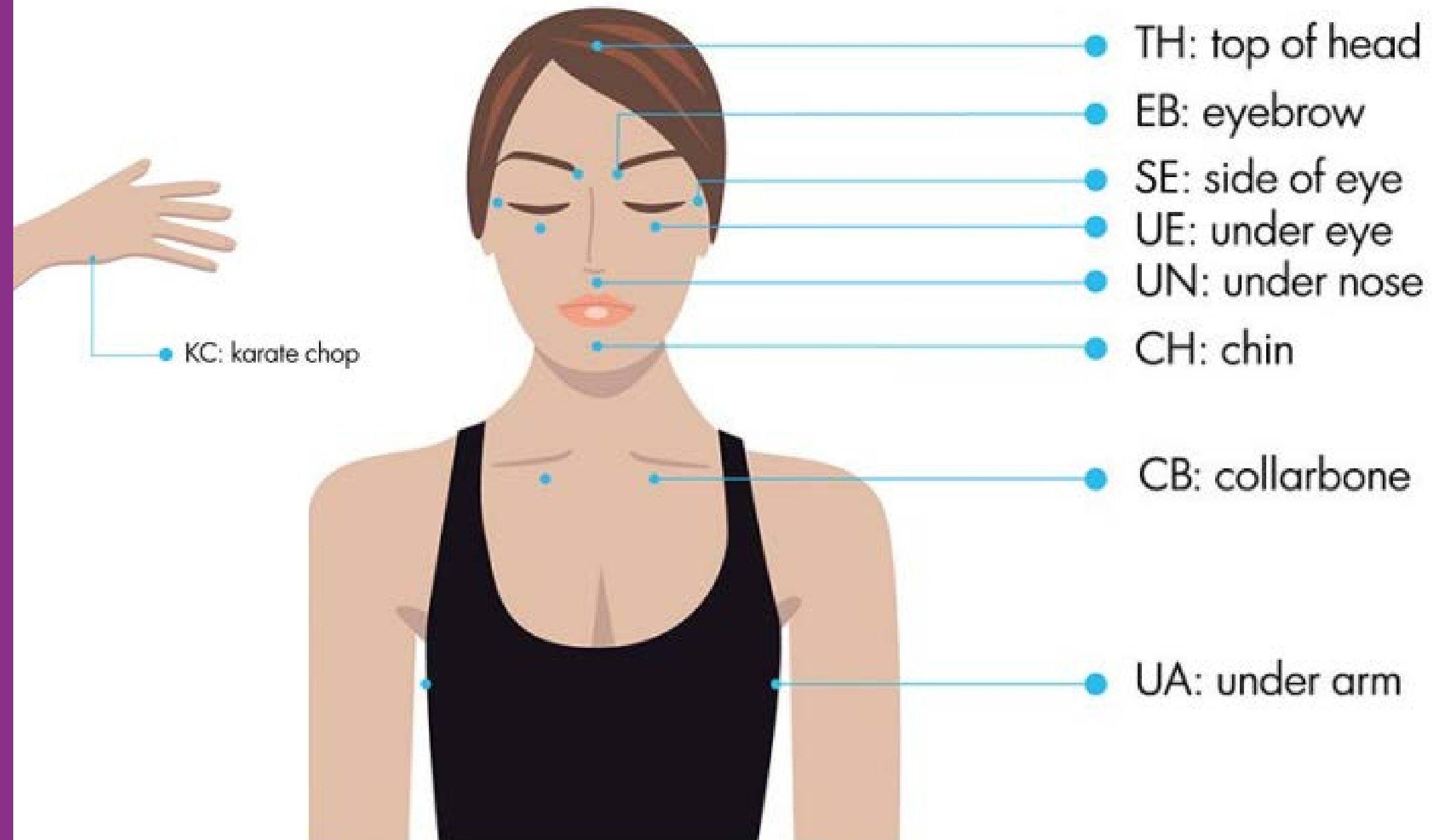
# 2 EFT Tapping- Emotional Freedom Technique

[Link to Handout: CLICK HERE](#)

One other effective way to help **create a balance in the body and retune the responses** (or trigger points) is to do EFT (Emotional Freedom Technique). This is a technique that creates harmony by tapping on specific points of the body's energy system; acupuncture points or meridians. And it's super simple. To do this:

1. **Become aware** of the trigger and the body's response to it.
2. **Rate the feeling** you have about the trigger on a 1-10 scale: 10 worst.
3. **Tap 3-4x using a finger or thumb** on a meridian point. Slow your breathing as you do this.
4. Say the intended **affirmation**.
5. **Continually repeat** until the response is lessened or gone.

## EFT Tapping Points



## Distraction and Engaging in Something Different

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# 3 Food Swaps that Taste So Good

[Link to Handout: CLICK HERE](#)

Our Guide: 30+ Food Swaps Saving  
You 100's of Calories!



Contrary to popular belief, you don't have to overhaul your diet to lose weight. Check out our **Guide** for more on how to eat healthy, you won't want to miss these!

## Rice for **Cauliflower Rice**



## Spaghetti for **Spaghetti Squash**



# Reminders

# 4 To Support a Change

Key ways to prompt yourself.



## Sticky Notes

On refrigerator, mirrors, dressers, and/or places you visit frequently.



## Phone Reminders

Set phone reminders to remember to drink water, take vitamins, and workout





# Reinforce the Change



Ways to keep the momentum going

## → Prepare for Slip Ups

Let go of the all-or-nothing mindset. Let go over something "having" to happen immediately. Be patient with yourself and your progress. Show up for yourself over and over. Slow down to go fast (slow down your eating, slow down your mind, slow down to recognize and be intentional on what you are doing).

## → Enlist Support When Needed

There are all different types of support; friends, family, counselors, and the bariatric community (like this one).

## → Remember How Far You Have Come

Remember that there are things that you have combated. Remember that it is possible for you to overcome negativity and change your focus. Being honest with yourself is one of the most important factors in changing. Explore your habits with openness and curiosity. This change is for you! Be kind and work with yourself instead of against yourself.



Be sure and use  
Habit Trackers

Habit Tracker  
30-DAY CHALLENGE - HABIT #1: walking  
30 minutes 5x per week

	COMPLETED HOW MANY DAYS:
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<input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/>	<u>2/5</u>
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What success might look like...  
**CONSISTANCY AND PERSISTANCY**  
Loosing the "all or nothing mindset"

EXAMPLE

Habit Tracker  
30-DAY CHALLENGE - HABIT #1: \_\_\_\_\_

	COMPLETED HOW MANY DAYS:
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What gets you started,  
is you going" - Jim Rohn

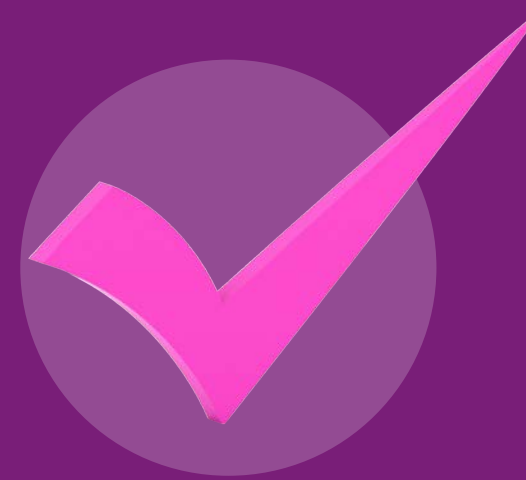
Habit Tracker  
30-DAY CHALLENGE - HABIT #1: \_\_\_\_\_

	COMPLETED HOW MANY DAYS:
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# Summary

## Identification of Habit



1. Become aware of the habit and why you want to change
2. Know your "why"
3. Know your triggers
4. Know why you consider the result to be a reward

## Tools for Transforming



1. Practice mindfulness and Intention - Affirmations
2. EFT Taping
3. Distraction - Food Swaps that Taste so Good
4. Reminders - Sticky notes and phone reminders

## Reinforce the Change



1. Prepare for slip ups
2. Enlist support when needed
3. Remember how far you have come
4. Use Habit Trackers

GOOD HABITS



GOOD LIFE



THANK  
YOU!

Be the change