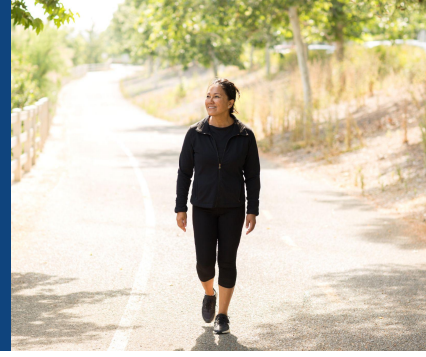


Participant Guide

Building Self Efficacy



Building Self Efficacy



Overview

This lesson is about building self-efficacy, which means believing in your ability to succeed. It is the foundation for making and keeping lifestyle changes. We will talk about where self-confidence comes from and give useful tips to help you feel more confident.

Facing challenges helps you build problem-solving skills and a positive attitude to stay motivated. Support systems, like accountability partners and friends, are also key pieces in building self-efficacy and will be discussed as important parts of making lasting change.

By the end of this lesson, you will learn how to build confidence, set realistic goals, and develop the mental strength needed to make healthy habits a lasting part of your life.

Understanding Self-Efficacy and Its Role in Lifestyle Changes

Self-efficacy means believing that you can accomplish tasks and overcome challenges. It's an important part of making and keeping healthy habits because, when you believe in yourself, you're more likely to try new things, stick with them, and bounce back if things don't go as planned. When you feel confident that you can change, it's easier to keep up with good habits like exercising or eating well. Building self-efficacy helps you become more resilient, motivated, and successful in making positive lifestyle changes.

Self-efficacy also affects whether you'll try to make changes, how much effort you'll put in, and how long you'll keep going when things get tough. When you have strong self-efficacy, you believe your actions can lead to positive results. But if self-efficacy is low, you might avoid challenges, put things off, or feel like giving up when things get hard.

Building self-efficacy helps you develop resilience and problem-solving skills, which are key to maintaining healthy habits like regular exercise, balanced eating, or managing stress. Setting reachable goals, learning from others, and seeking support are all ways to strengthen your self-efficacy. In the end, self-efficacy gives you the power to take control of your health and make lasting changes.



Sources of Self-Efficacy

There are four main ways people can build confidence in their abilities, as explained by psychologist Albert Bandura:

- **Mastery Experiences:** When you succeed at something, it makes you feel more confident. Every time you accomplish a goal, it shows you can do it. But if you fail a lot, it can make you feel less confident.
- **Vicarious Experiences:** Watching others succeed can help you believe in yourself, especially if you think you are similar to them. If you see someone else do something well, it might inspire you to believe you can do it too.
- **Verbal Persuasion:** Positive encouragement from others can make you feel more capable. When someone says, "You can do it," it helps you try harder and feel more confident.
- **Emotional and Physical States:** How you feel affects your confidence. If you're calm and relaxed, you're more likely to believe in yourself. But if you're feeling stressed or anxious, it can lower your confidence.



These factors help shape how you see your ability to succeed and affect how hard you work to reach your goals.

Setting Achievable Goals

Break large, long-term goals into small, manageable steps

Breaking big, long-term goals into smaller, easy-to-manage steps is key to staying motivated and making progress. Here's how to do it:

- Define the Big Goal: Clearly say what you want to achieve in the long run. Make sure it's specific, measurable, and realistic.
- Break It into Milestones: Divide your big goal into smaller parts or steps. Each milestone should be an important step toward the big goal with a clear result.
- Create Actionable Steps: For each milestone, list small tasks that you need to complete.
- Set Deadlines: Give yourself a timeline for each step and milestone. Deadlines create a sense of urgency and help you see how far you've come.
- Celebrate Small Wins: When you finish a small step or reach a milestone, celebrate! It helps you stay motivated and feel proud of your progress.
- Review and Adjust: Check your progress regularly and make changes if needed. Being flexible keeps you on track, even when things don't go as planned.



By focusing on smaller steps, big goals feel easier and less overwhelming.

Setting Achievable Goals (continued...)

Set SMART Goals

Using **SMART goals** helps you stay focused and succeed. SMART stands for **Specific, Measurable, Achievable, Relevant, and Time-bound**—important parts of making your dreams into a clear plan. Specific goals are clear and easy to understand. Measurable goals let you track your progress. Goals should be achievable, meaning they challenge you but aren't impossible. Relevant goals match your bigger goals or values, so you stay committed. Time-bound goals have deadlines to keep you moving forward.

By using SMART goals, you turn big dreams into smaller steps, stay motivated, and see your progress!

Positive Reinforcement and Reward Systems

Using positive reinforcement and reward systems is really important for making and keeping healthy lifestyle changes. By rewarding your progress and encouraging good behaviors, you can build motivation and make it easier to stick with new healthy habits.

How Positive Reinforcement Works:

When you do something positive, like exercising or eating healthy, giving yourself a reward can make you want to do it again. Your brain links the positive action with the reward, which makes it more likely that you'll keep up the habit.

Positive Reinforcement and Reward Systems (continued...)

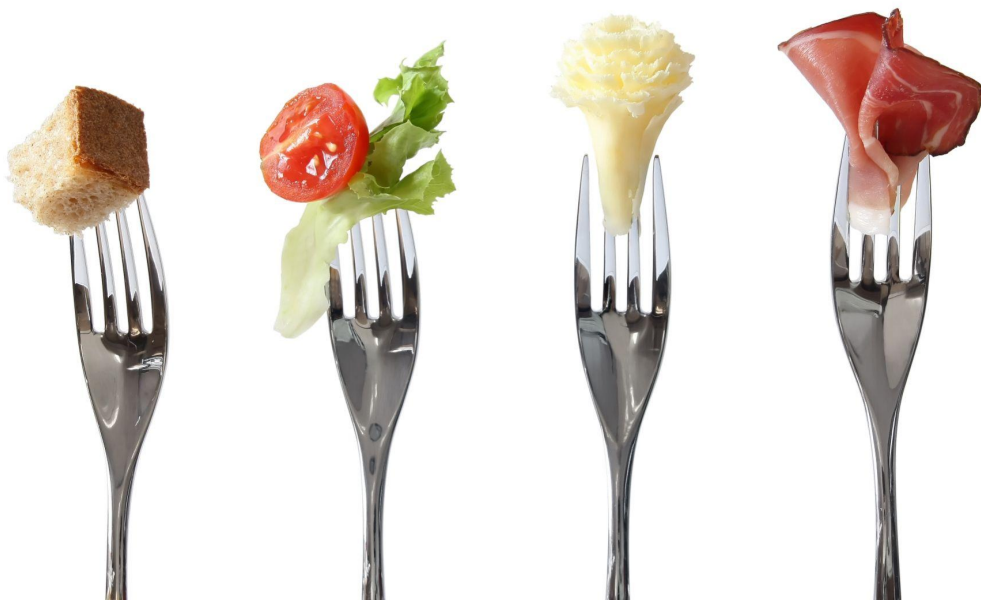
Healthy Lifestyle Examples:

- **Exercise Goals:** If someone sets a goal to work out three times a week, they can reward themselves with a fun movie night or relaxing activity after reaching the goal. This keeps them motivated to stick with it.
- **Healthy Eating:** After following a healthy meal plan for a week, rewarding yourself with something like new workout gear or a fun activity helps keep you on track without using unhealthy foods as rewards.

Key Principles:

- **Non-Food Rewards:** It's important to use rewards that aren't food-related so they don't get in the way of your health goals.
- **Celebrating Milestones:** Celebrating small wins, like losing 5 pounds or walking every day for a month, can boost your motivation and confidence.

By using positive reinforcement, healthy behaviors can become habits, making long-term lifestyle changes more sustainable and enjoyable.



Developing Resilience to Setbacks

Dealing with challenges and staying motivated after setbacks is important for long-term success with healthy eating. Setbacks happen in any lifestyle change, and it's important to see them as learning experiences, not failures.

Strategies to Handle Obstacles:

Acknowledge the Setback Without Judgment: Instead of feeling bad, accept that setbacks happen. Think about what caused the unhealthy choice (stress, convenience, or social pressure) so you can be ready next time.

Learn from Setbacks: Each setback teaches something. Did skipping a meal lead to overeating? Or cravings feel too strong? Understanding why it happened helps plan for the future.

Bounce Back Quickly: One unhealthy meal doesn't ruin everything. Focus on making healthier choices next time. The faster you get back on track, the less it affects your progress.

Change Goals if Needed: If a goal feels too hard, break it into smaller steps. This keeps motivation up and avoids feeling like you've failed.

Staying Motivated:

- **Celebrate Small Wins:** Focus on progress, not perfection. Notice small improvements, like eating more veggies or drinking more water.
- **Positive Self-Talk:** Change your thinking from "I failed" to "I'm learning," which helps you keep going even with challenges.
- **Seek Support:** Talk to friends, family, or join a group focused on healthy eating for encouragement and accountability.
- **Setbacks are normal and temporary:** handling them with patience and a positive attitude helps build lasting healthy eating habits.

Overcoming Barriers to Lifestyle Changes

Recognizing common barriers to lifestyle change is important for building healthy habits that last. Here are some main obstacles people often face and how to spot them:

1. Time Management

One of the biggest challenges is a busy lifestyle. Finding time to exercise, cook healthy meals, or take care of yourself can feel hard. To spot time management problems, look at your daily routine. Could you spend less time on screens or plan meals in advance?

2. Emotional Eating

Stress, sadness, or boredom can lead to eating for comfort instead of hunger. Think about when you reach for food. Are you really hungry, or just looking for comfort? Understanding these moments is key to stopping emotional eating.

3. Lack of Motivation

Motivation can fade, especially if you don't see quick progress. Notice when your energy drops or goals feel too big. Breaking goals into smaller steps and finding reasons to keep going can boost motivation.

4. Financial Barriers

Healthy living can seem expensive with costs like fresh food or gym memberships. To overcome financial limits, try meal planning, affordable fruits and veggies, or working out at home.

5. Social Influence

Family, friends, and social events can make it hard to stick to your plan. Notice when social situations lead to unhealthy choices, and set limits while still keeping relationships strong.

Recognizing these barriers helps in creating personalized strategies to overcome them and achieve lasting change.

Develop an Action Plan



Creating a personalized action plan is an important step to make lifestyle changes successful. A good plan helps you set clear goals, plan your steps, and stay on track. Here's how to make a strong action plan:

Step 1: Set Clear Goals

Identify Specific Goals: Decide what you want to achieve. Your goals should be SMART (Specific, Measurable, Achievable, Relevant, Time-bound). For example, instead of

saying, "I want to eat healthier," say, "I will eat five servings of fruits and vegetables every day."

Step 2: Assess Current Habits

Self-Reflection: Take some time to look at your current eating, exercise, and lifestyle habits. What can you improve? Keeping a food diary or activity log can help you notice patterns and areas where you can make changes.

Step 3: Identify Barriers

Recognize Obstacles: Think about challenges that might get in the way of progress, like not having enough time, feeling unmotivated, or emotional eating. Write them down so you can address them later.

Step 4: Create Action Steps

Break It Down: List specific actions you need to take to reach your goals. For example:

- Prepare meals every Sunday for the week.
- Schedule workouts three times a week.
- Find a healthy snack to replace chips.



Develop an Action Plan (continued...)

Step 5: Set a Timeline

Set Deadlines: Plan a timeline for each action step. Short deadlines create urgency, while long-term deadlines help you stay focused on your bigger goals.

Step 6: Build a Support System

Get Support: Find friends, family, or groups to encourage you. Sharing your goals with others makes you more accountable and motivated.

Step 7: Track Your Progress

Keep Track: Use a journal or an app to track your progress. Celebrate small wins to stay motivated. If something goes wrong, think about what happened and change the plan if needed.

Step 8: Be Flexible

Adjust When Needed: Life is always changing. If your plan isn't working, take time to rethink and make changes. Being flexible helps you keep going in the right direction.



Eddie's Story

Eddie, a 51-year-old man, had struggled with his weight for years. He tried many diets but couldn't stick with them. After visiting his doctor, he was given a medication to help him lose weight. The medication helped curb his hunger and shed some pounds, but Eddie knew he needed more than just a pill to make real, lasting changes.

Eddie decided to focus on building his confidence. He started small, setting easy goals like walking for 20 minutes a day and swapping junk food for healthier snacks like fruits and nuts. As he reached each goal, he felt better about himself. He learned more about nutrition and started cooking healthy meals at home. Eddie also joined a support group that helped him stay on track.



Little by little, Eddie realized that his success wasn't just because of the medication. It was the changes he made that helped him. His confidence grew, and he even started running, something he never thought he could do. Over time, Eddie used less medication, and his healthier lifestyle helped him keep off the weight. Building confidence was the key to his long-term success.

Now, let's discuss...

How did Eddie's belief in his ability to make changes (self-efficacy) help him succeed beyond just using the GLP-1 agonist for weight loss?

Eddie's Story (continued...)

How do you think building self-efficacy could impact your own ability to make lasting lifestyle changes?

In what ways did Eddie's support group and learning about nutrition help him stay accountable and motivated on his journey?

Summary

You should now understand why believing in yourself is important for making and keeping lifestyle changes. By knowing where your confidence comes from, setting clear goals, and rewarding yourself, you can feel more confident about succeeding. Overcoming problems and seeing setbacks as chances to learn will help you become stronger. Making a plan that works for you and tracking your progress will help you deal with challenges and make healthy changes last.



Keep Moving

Set a SMART goal to walk for at least 20 minutes, three times a week. Start with manageable steps, celebrate each session completed, and seek encouragement from a buddy to build consistency.

Summary

Activities

- Cheese one lifestyle change you'd like to make into smaller, manageable steps. Then
 - Create a personalized SMART goal (Specific, Measurable, Achievable, Relevant, Time-bound) related to this change.
 - Outline an action plan for how to achieve this goal.
- Keep a journal to track your progress. Write down small successes and think about how they help you build confidence. This helps you stay on track and celebrate each achievement, no matter how small.
- Think of or share a story about someone who has made a successful lifestyle change, like a family member or famous person. Think about or discuss what you can learn from their experience and use it to help you.
- **Goal Setting:** Set SMART goal associated with this session. Example: "I will try a new form of physical activity this week."

Discussion/Questions

- How can breaking big goals into smaller steps help you feel more confident about reaching them? Can you think of a time when this worked for you?
- What are some common challenges you've faced when trying to make healthy changes? What are some ways you think could help you get past them?
- When you have setbacks, how do you usually respond? What can you do to see setbacks as chances to learn instead of failures?

"You must see it. You must believe it. And then you must never stop working to make it happen."

—Arnold Schwarzenegger

Action Plan Example

By following these steps, you can create a personalized action plan that will set you on the path to success and help you make lasting lifestyle changes.

- State your goal: Lose 10 pounds in 3 months
- Determine the habit(s) that you would like to change: Eating out 4 times a week.
- Identify Barriers: Busy schedule; often forget to meal prep.
- Create Action Steps:
 - Prepare healthy meals every Sunday.
 - Cook at home 4 days a week.
 - Research quick, healthy recipes.
- Create a Timeline:
 - ➔ Week 1: Meal prep sessions.
 - ➔ Month 1: Assess weight loss progress.
 - ➔ Support System: Join a local fitness group for motivation.
- Support System: Join a local fitness group for motivation.
- Monitor Progress
 - Weekly Weigh-Ins: Check weight every Sunday morning.
 - Food Journal: Keep a daily log of meals, snacks, and water intake.
 - Exercise Log: Track workouts to ensure consistency and identify areas for improvement.
- Adjust as Needed
 - Reassess Goals: After one month, review the action plan and make necessary adjustments based on progress.
 - Celebrate Milestones: Reward yourself for achieving milestones (e.g., treat yourself to a massage or new workout gear after losing 5 pounds).

SMART Goal Workshop

1. SMART Goals Framework:

Setting SMART goals (Specific, Measurable, Achievable, Relevant, Time-bound) helps you make clear and realistic goals.

- **Specific:** Define exactly what you want to achieve.
- **Measurable:** Determine how you'll track or measure your progress.
- **Achievable:** Set realistic goals that challenge you but are still within reach.
- **Relevant:** Align goals with your values and long-term vision.
- **Time-bound:** Set a deadline to stay focused and motivated.

2. Example Goal-Setting for Lifestyle Changes:

- **Goal:** Walk 20 minutes, 5 days a week for the next month.
 - *Specific:* Daily walking for 20 minutes.
 - *Measurable:* Track each session in a journal or app.
 - *Achievable:* Start with a moderate time commitment.
 - *Relevant:* Walking supports physical health and mental well-being.
 - *Time-bound:* Goal set for 4 weeks.

3. Positive Reinforcement:

- Celebrate small achievements! Rewards, whether a favorite activity or self-recognition, reinforce success.
- Remember: Progress, not perfection, is the goal. Even minor milestones build self-efficacy.

4. Overcoming Setbacks:

- Expect challenges and setbacks. Use them as learning experiences, not reasons to give up.
- Identify common barriers like time management or motivation, and brainstorm solutions.
- Stay flexible: Adapt your goals if needed, but keep moving forward.

Tracking Your Progress Challenge

Why Track Progress?

Tracking your progress helps you stay focused, motivated, and aware of how you're doing with your lifestyle changes. When you see your successes, even the small ones, it boosts your confidence and encourages you to keep going. Looking at setbacks helps you make changes and keep learning. This challenge will help you stay on track and celebrate your progress!

Challenge Overview

Duration: 4 weeks

Goal: Track your progress consistently to stay aligned with your health and wellness goals. Use this challenge to reflect on your behavior, improve self-awareness, and stay motivated.

How to Participate

1. **Set Clear Goals**
 - Use SMART goals (Specific, Measurable, Achievable, Relevant, Time-bound) to outline what you want to achieve.
 - Example: "I will walk 30 minutes a day, 5 times a week for 4 weeks."
2. **Choose Your Tracking Method**
 - Pick a method that works best for you:
 - Journal
 - Habit-tracking apps
 - Calendar or planner
 - Spreadsheet
3. **Track Daily or Weekly**
 - Record your actions daily or weekly. Be consistent!
 - Focus on your specific goals, progress, setbacks, and how you feel.
4. **Review & Reflect**
 - At the end of each week, review your progress.
 - Ask yourself: What went well? What challenges did you face? What can you improve next week?
5. **Adjust and Stay Flexible**
 - If you encounter setbacks, adjust your approach. Refocus on your goals and strategies to move forward.

Tracking Your Progress Challenge (continued...)

Tips for Success

- **Stay Positive:** Progress takes time! Celebrate small victories.
- **Stay Honest:** Be truthful with yourself in your tracking. Use setbacks as learning opportunities.
- **Reward Yourself:** Plan small rewards to celebrate consistent progress—like a favorite healthy meal or a fun activity!

Challenge Reflection

At the end of the challenge, take time to reflect. How has tracking impacted your motivation and confidence? What goals did you achieve, and how will you continue your progress moving forward?

Tracking Your Progress Helps You Succeed!

