OPTIFAST VERY LOW CALORIE DIET®

Lifestyle Series

WITH DR CAL PATERSON

Clinical Psychologist

Worksheet 2: Managing Expectations

How planning for failure can help you *succeed*.

- What are your expectations about this program?
- What do you think this change process will really be like?
- We know that a lot of plans that go astray are the result of aiming too high, leading to frustration when the reality of a task doesn't meet your initial expectations.
- It's ok to aim high, but it's also worth taking a moment to ensure you have set a goal that is realistic for you.

Questions for you:

1 What is something you are NOT looking forward to, about losing weight?

2 How 'in control' of your weight do you feel at the moment?

- [ ] Very much
- [ ] somewhat
- [ ] slightly
- [ ] not at all
- [ ] unsure

3 How long do you think it will take, realistically, to arrive at your goal?

- [ ] Days
- [ ] Weeks
- [ ] Months
- [ ] Years
- [ ] unsure

4 What are some possible setbacks you might encounter along the way?

5 For each of the answers to question 4, above, what would enable you to keep going anyway?

- **Real, lasting change is hard. It takes time and perseverance.**
- **Remember to adjust your expectations along the way, to keep them realistic.**
- **Take your time, and be ready to push back against setbacks.**