



# Boost Your Confidence

**The more confidence you have to make a change, the more successful you will be. Although many people have doubts about their ability to lose weight and keep it off, it can be done. You can do it!**

On a scale of 0 to 10, how confident are you that you will be able to change your eating and physical activity to control your weight?

0	1	2	3	4	5	6	7	8	9	10
Not at All Confident		A Little			Somewhat			Very		Extremely Confident

## Here are some suggestions about ways to strengthen your confidence:

- If you are above 0, ask yourself, “What makes this a \_\_\_\_\_, and not a zero.”
- Ask yourself, “What would it take to make that number 2 or 3 points higher?”
- Ask, “What would make me more confident?”
- Arrange to make those things happen.

## Recall things you did successfully in the past:

- Remember how you did those things. What did you do to make it happen?
- Think about how you can use the successful techniques from the past to accomplish what you want to do now.
- Keep telling yourself you can do it.

**Ask for help.** Family members, friends, and your MOVE!<sup>®</sup> health care team can support and encourage you if you just ask. Spend time with those who offer encouragement. Consider participating in MOVE!<sup>®</sup> group sessions for extra support. You will feel more confident when you know you have support behind you!

**Read about the success of fellow Veterans.** Stories of Veterans similar to you are available on the MOVE!<sup>®</sup> Web site: <http://www.move.va.gov/SuccessStories.asp>

**Get started!** People almost always feel more confident once they get started with something. So, get moving!

