

# Pat Yourself on the Back



It is important to reward yourself for making changes that are hard. That way you can feel good about the efforts you are making to live a healthier life.

## Reward yourself for meeting goals each week

- ▶ Set small, specific goals, like:
  - ▶ Increasing GREEN activity. Pick a number of minutes per week. Decide the level of intensity. Then do it.
  - ▶ Limiting RED foods. Set a daily limit or a weekly limit.
  - ▶ Holding family meetings. Pick the number of times a week that works for you.
  - ▶ Keeping track of your weight. Weigh yourself at least once a week, and keep a chart.
- ▶ Set realistic goals. Your goals shouldn't be too hard. But they shouldn't be too easy either.
- ▶ Make a list of non-food rewards you can earn for meeting your goals.
- ▶ Ask your family for help thinking of rewards. Think about ways they could reward you.
- ▶ Link each healthy behavior to the reward you can earn. Or link each behavior to a number of points you can earn. The points could count toward rewards.
- ▶ Make a chart to keep track of your goals. Or ask your PAL for one.
- ▶ Be honest with yourself about your progress.
- ▶ Give yourself the reward only after you've met your goal.

## Rewards can be:

- ▶ Activities you like to do with friends or family. Like talking on the phone, or going to the movies or a game.
- ▶ Activities you like to do by yourself. Like creating artwork, going to the bookstore, redecorating your room, or wearing favorite clothes.
- ▶ Buying something special, such as a CD, a book, or a new sweatshirt.
- ▶ Getting permission to do something special either with your parents or on your own.
- ▶ Feeling proud of yourself!

### Additional resources

- ▶ Positive Results: LC 23
- ▶ TLP Rewards Booklet

### Suggested activity

Start a list of rewards you would like. Go over it with your parents and your PAL. Set up your own reward system. Then put the plan to work.

### My notes

1 Limit RED foods 2 Increase GREEN activity 3 Hold Family Meetings 4 Keep Track of Weight



# Pat Yourself on the Back



*Especially for the Family Support Person*

## How can I help him set up a personal reward system?

- ▶ Start by offering encouragement. Praise him when he uses his reward system.
- ▶ Talk about the goals he is setting. Are they realistic? Are they specific?
- ▶ Suggest some rewards he has not thought of. What does he like to do?
- ▶ Offer some rewards of your own. What would you feel comfortable giving?
- ▶ Make sure there are a variety of rewards—small, medium, and large.
- ▶ Hold family meetings. Talk about how the rewards system is working.
- ▶ Set up your own rewards system. Talk about your own progress at family meetings. Explain how you try to overcome barriers.

## What should I do if he doesn't stick with the plan?

- ▶ Start with his motivation. Ask about his reasons for wanting to live a healthy lifestyle.
  - ▶ How will it help him manage his diabetes?
  - ▶ How will it improve other areas of his life?
  - ▶ What would help him be more motivated to make changes?
- ▶ Then ask about his reasons for using a reward system. How will it help him meet his goals? Add your own suggestions.
- ▶ Help him identify all the barriers.
- ▶ Offer to problem-solve about the barriers with him.
- ▶ Encourage him to write the plan down so it's clear.
- ▶ Ask him what you can do to help. Show your support at family meetings.
- ▶ Encourage him to “hang in there.” Praise him when he makes an effort.

### Additional resources

- ▶ Small Changes Add Up to Real Progress: LC 23
- ▶ TLP Rewards Booklet

### Suggested activity

Make your own reward system and set your own goals. Talk about the progress each of you is making at your family meetings. Continue to problem-solve as needed.

### My notes

1 Limit RED foods 2 Increase GREEN activity 3 Hold Family Meetings 4 Keep Track of Weight

