

Finding your WHY

Name _____

Date _____

Discovering your WHY is understanding what you value most. Values are a set of personal beliefs on what makes life worthwhile. By identifying them, you can use them like a compass to help guide your behaviours during your weight management journey.

Keep in mind that values differ from goals.



Goals tend to change over time.



Values tend to stay the same over time.

Our values are like a compass—they help guide our choices along our weight management journey and stay with us throughout our lives.

Finding your values

What are the **reasons** why you want to manage your weight? Ask yourself: What is important enough to you to make life-long behaviour changes?

Discovering your values may take time; the examples below can help you get started:

“I want to work toward a place where my weight and my health allow me to...”



be a positive influence for my loved ones



be healthy so I can travel after retirement



have the energy to be able to walk my dog

Complete the statement below to help discover your values.

"I want to work toward a place where my weight and my health allow me to..."

Daily check-in with your values

Taking some time to reflect will allow you to check in on your progress and see how your decisions have moved you in a direction of improved health. Writing down your reflections will help you recognize how certain choices made you feel, and acknowledging those feelings will give you an opportunity to learn for the future.

Try to reflect without judgement. When you're faced with a choice, you can ask yourself: does this take you **toward** the person you want to be, or **away** from it?

Ask yourself how you did today! Did you feel like you were making decisions aligned with your values?

Yes

How did it make you feel?
Fill in your thoughts and feelings.

No

How did it make you feel?
Fill in your thoughts and feelings.

Remember, an off-track day doesn't mean that *you're* off track! You can use off days as learning opportunities, and gently remind yourself to revisit your values. And remember, when you have an on-track day, enjoy that feeling and celebrate that you're making decisions to support your healthier self.

Share with your healthcare professional to discuss support strategies and set goals.



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