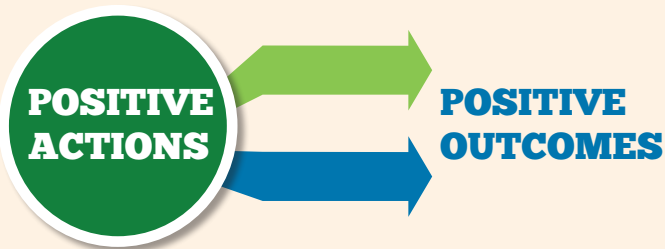


# Preparation

## Expecting Positive Outcomes

Anytime someone is trying to accomplish a goal, it helps to see themselves as being successful. This is done by expecting or believing that positive actions will lead to positive outcomes.

Think of athletes, for instance. When athletes prepare for competitions, they picture themselves being successful. They believe that the effort they put into practice will get them closer to a win. Expecting a win helps athletes feel confident and motivated to perform well. On the other hand, if athletes expect to have a negative outcome, like thinking that they will lose even before the competition starts, then they may not be quite as motivated to perform at their best.



Trying to change your behaviors to become a healthier you is no different. It is important to see yourself as a success. It helps to expect and believe that your healthy behaviors will lead to positive outcomes. Don't fall into the trap of having an unhelpful thought – like thinking that you will not be successful.

### THINKING TRAP



Walking for 20 minutes every day.

*Unhelpful Thought*

That is not enough to help me become healthier.

### EXPECT A POSITIVE OUTCOME

*Helpful Thought*



Walking for 20 minutes every day.

I will feel refreshed & have more confidence.

Below is a list of positive actions that will help improve your health, along with some positive outcomes that you can focus on. See if you can match each action with the positive outcome you expect:

### Match the Positive Outcomes

- |  |  |
|--|--|
| <input type="checkbox"/> Eliminate 1 can of soda per day.                                  | <b>A</b> Reduces my stress and helps me get along better with my friends and family. |
| <input type="checkbox"/> Participate in physical activity daily.                           | <b>B</b> Helps me keep a healthy weight and also helps me have a better memory.      |
| <input type="checkbox"/> Talk about my thoughts and feelings when I am angry with someone. | <b>C</b> Reduces my chances of getting diabetes.                                     |
| <input type="checkbox"/> Eat fruits and vegetables daily.                                  | <b>D</b> Helps me to perform better academically and to feel more confident and fit. |

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