



Welcome Program



**Set Yourself
Up For Success**



Set Yourself Up For Success

Having quality support and empowering strategies are essential on your post-surgical journey.

Creating a healthy lifestyle that's enjoyable and where you're able to achieve and maintain your weight and health results requires focus, determination, commitment and motivation, as well as plenty of action... and all of that is so much easier to create and sustain when you have awareness of the positive internal and external tools you have already in place!



Internal Resources

You already have wonderful qualities and attributes – the characteristics and strengths that people identify in you and admire. These will all come into play in assisting you to achieve your health and weight goals, even if some of them don't seem to be relevant to health and weight loss!

Write down 5 or more strengths or qualities you have that either you recognise in yourself, or that others see and appreciate in you e.g. kindness, humour, creativity, and so on:

1.

2.

3.

4.

5.

6.

7.

8.



These are your internal resources. They are always within you and you can bring them forward whenever you choose in your journey.

Taking some time to reflect right now on how they can be of use to you will make the coming months much smoother. ***For example, if kindness is one of your attributes, how can you use this and direct it towards yourself to help you?***

Some examples are below:



Kindness – showing care to myself, making myself and me-time a priority that doesn't get pushed aside by other priorities, acknowledging that I'm not perfect and I'm always doing my best with the resources I have available to me, ...

Creativity – coming up with new ways to motivate myself and stay on track, thinking of different ways to energise myself and make exercise enjoyable, creating and having a sense of curiosity about new recipes and foods, distracting myself when I'm tempted to eat emotionally,...

Get the idea? Now do this with at least 5 of the strengths you wrote down above!

1.

2.

3.

4.

5.

External Resources

Resources can also be external to you – the information and support you have around you already or that you can get access to if you need to.

People

Have a think about people – friends, family, colleagues, experts - who are 'on your team' or who could be if you asked them, and list them below (we've started you off):

1. My clinic / surgeon
2. Fresh Start / Bariatric surgery community group
3. Fresh Start coaches / counsellors / experts

4.

5.

6.

7.

8.

9.

10.



Resources

Have a think about the other resources around you - what external information do you have access to, or could you have access to, where you could get answers to questions, ideas, and useful information (again we've started you off):



1. My clinic / surgeon
2. Fresh Start / Bariatric surgery community group
3. Fresh Start coaches / counsellors / experts
4. Bariatric forums and journals on the internet
5. Books
6. Health centres
7. Podcasts
8.
9.
10.

How's your tool box feeling now? We trust you're starting to see the wealth of support that's available to you when and if you want or need it.

Being willing to ask for and accept help is one of the best gifts you can give to yourself on your post-surgical journey!

As for The Fresh Start Program, you already have our contact details and can contact us whenever you need to. We'll contact you to start the full post-surgical program, including access to the online Fresh Start community and your coaching services, when you've attended your check-ups and been cleared for participation after your surgery by your clinic, at around 2-months' post-surgery.