



Healthy Living

based on
THE PRISM
WEIGHT LOSS PROGRAM

Curriculum One (1)
Week 1

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Healthy Living



WEEK ONE:

New Beginnings

NEW BEGINNINGS!

How many times have you gone out to dinner vowing to order the fish and salad and not even look at the bread – only to eat four rolls and then order the chocolate mousse for dessert? How often have you gone to a social function and spent the evening fending off offers of chips, dips and pie – only to go home later and devour every leftover in the refrigerator? Can you even begin to count the Mondays you started a “diet” only to find by Thursday you had long forgotten your intentions? “The weekend is coming after all, so why try? I might as well just get a fresh start again on Monday.”

You talked to a friend or overheard at a party about “this new diet” – heavy on the cabbage, fruit or a liquid – that promised miraculous weight loss. You began the diet with a decision to stick it out – NO MATTER WHAT. Alas, you gave in to the WHAT before you reached your goal. Instead of losing weight, you found yourself gaining back what little weight you had lost plus more! Like other members of the overeating world, you cling to the saying “if at first you don’t succeed, try and try again.” As you know, the creators of this program also followed the diet cycle of failure until they found a better way. A way which begins with: “If at first you don’t succeed, analyze what went wrong and try a new approach.” That is what this program offers you today –

A NEW BEGINNING!

You must put behind you all those Mondays and good intentions. Those failures must simply serve as a valuable reminder of your past inability to realize your dream of being slender. You must not allow them to create roadblocks or instill fears that would deter you from becoming the person you want to be. No one has to tell you of the serious nature of this problem. You know it is not one to be downplayed or diminished. In that same measure you need to focus on the HOPE YOU HAVE TODAY of taking the appropriate steps to conquer overeating. Say the following statement outloud:

**“TODAY I CHOOSE TO PUT THE PAST BEHIND ME
AS I REACH OUT FOR WHAT IS AHEAD”**

The first thing to reach out for is your commitment to the program. You understand the food guide and the reasoning behind it. The guidelines are clear to you – NOW FOLLOW THEM! Do not throw away this wonderful opportunity and hope of becoming slender and free. Do not rob yourself of experiencing the joys of a new life!

**YOU WILL NEVER AGAIN
WEIGH AS MUCH
AS YOU DO TODAY.**

WEEK ONE - Lesson 1

OPTIONAL SCRIPTURE READING:

REVELATION 21:5

“And He that sat upon the throne said, Behold I make all things new. And He said unto me, Write: for these words are true and faithful.” (King James Bible)

EZEKIEL 11:19-20

“And I shall give them one heart, and shall put a new spirit within them. And I shall take the heart of stone out of their flesh and give them a heart of flesh, that they may walk in My statutes and keep My ordinances, and do them. Then they will be My people, and I shall be their God.” (New American Standard Bible)

PERSONAL EVALUATION

1. Have you made a plan of what you will eat and when you will eat today? You can use your food journal sheet as a worksheet. How do you think this will assist you in remaining on program?

2. What new foods would you consider trying that you do not normally eat while you are on a diet? Use your imagination!

3. In what ways will calorie counting and food journaling prevent you from repeating mistakes you have made on prior weight loss attempts?

4. How will being disciplined and following the first KEY PRINCIPLE benefit you?

5. Which of the above benefits are most important to you? Why?

THIS CONCLUDES WEEK ONE - LESSON ONE

LET THE PAST PASS AWAY

Yesterday's lesson referred to analyzing WHAT went wrong in previous attempts to lose weight.

You are probably aware of some of "THE WHATS" of your past after only one day on this program. Even if you have gone grocery shopping, stocked your cupboards with "right" foods like an army bunker, and prepared for the diet battle in every way, you still may have awakened this morning ready to put out the white flag of surrender to food. The problem is, there will be no "Peace Treaty." As you have experienced in the past, the chains of guilt and condemnation just get heavier. The walls of the "Fat Prison" have just been reinforced. Remember, that is not what you really want or you would not have started this program.

TODAY IS A NEW DAY... IT IS A CLEAN SLATE WITH NO MISTAKES ON IT!

One of the things that went wrong for you in the past was your inability to release your history of failure in overeating as you entered each new day. Regardless of the fact that you carry with you the "battle scars" of fat on your person, you do not have to carry along the defeats of yesterday. TODAY THE PAST HAS NO PLACE IN YOUR LIFE. Stop and think about that for a moment. Allow it to become a part of you.

Be concerned only for today. In your efforts to overcome, you are often so busy looking ahead that you miss the needs and opportunities you have today. You look forward to "the wedding," "the reunion," "the houseguest," "the end of the six weeks"... and in the meantime you neglect to prepare yourself for TODAY'S EVENTS!

You are accountable for TODAY, and today only. Tomorrow will take care of itself. Today is the first day of the rest of your life!

Say the following statement outloud:

**"JUST FOR TODAY
I WILL LET THE PAST PASS AWAY -
JUST FOR TODAY."**

OPTIONAL SCRIPTURE READING:

MATTHEW 6:34

"So don't be anxious about tomorrow. God will take care of your tomorrow too. Live one day at a time." (The Living Bible)

ISAIAH 43:18-19

"Forget the former things; do not dwell on the past. See I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the desert and streams in the wasteland." (New International Bible)

PERSONAL EVALUATION

1. What are some of the things that may have caused you to give up on other diets?

2. What are some safeguards of this program that will help you in the above areas?

3. How does that encourage you for today?

4. In what ways can you let your past pass away, just for today?

THIS CONCLUDES WEEK ONE – LESSON TWO

GETTING A GRIP ON NEW ATTITUDES

These last two days you have been making some challenging new choices in your eating behavior. No doubt you have already experienced reaching for that chip, then quickly pulling back. If you cook, you may have discovered how many “complete meals” you used to consume while preparing the actual meal. You must now be conscious of not tasting, sampling, or “cleaning up” those leftovers. You can begin to understand why you have put on weight and have been so helpless to take it off. There are so many “hidden ways” of overeating. It is important that you continue to recognize these behaviors as they surface. They will soon lose their influence over you!

The discipline of journaling your food choices is difficult to incorporate into your lifestyle. Remember, **THIS WILL BE MUCH MORE EFFECTIVE IF YOU TAKE THE TIME TO COMPLETE YOUR FOOD JOURNAL SHEET BEFORE YOU EAT YOUR MEAL.** You will thoroughly and completely weigh, measure and accurately count caloric values of the foods you select. If you wait until you have satisfied your appetite, you will have weakened your motivation, awareness and attitude.

Learning to use a calorie reference book or reading food labels can be compared to cleaning out a closet that has been a storage place for years – you are amazed at what you discover! You may be pleasantly surprised by this knowledge as it will explain many of your eating problems. On the other hand, you may resist this process and excuse your opposition to it by saying things like, “Oh, I am not good at this” or “This calorie book is so confusing.” In reality, **YOU DO NOT DESIRE TO KNOW HOW MANY CALORIES ARE IN YOUR FOODS – ESPECIALLY YOUR FAVORITES.** Whether or not you choose to acknowledge it, all foods do have caloric value! Ignoring this fact does not remove or cancel the way they affect you. If you truly want to attain lifetime freedom from overeating you must face the truth about your misuse and misunderstanding of food. You must see food for what it really is – an energy source with varying values. Recording the calories of the foods you eat will give you knowledge of those values, providing a new insight that will last a lifetime.

One of the major changes for you may be the elimination of certain food products. You have now been challenged to look differently at foods to meet your daily nutritional needs. You may have already discovered the vast world of foods which do not include white flour or sugars. Or, you may be caught in the “poor me” syndrome. Avoid self pity by recalling the positive features of this program which allow for a wide range of food choices to meet your individual likes and dislikes. Are you willing to reach out, experiment, be bold and change? Your success in the war with overeating may just depend on it! Check your attitude in this area of challenge and change. Ask yourself, “Is this an immature, childish attitude I have held on to?” If the answer is yes,

acknowledge your adulthood and “grown up” power of choice. It is likely it will mean the difference between victory and defeat. Say the following statement outloud:

**“I CHOOSE TODAY TO GET A GRIP
ON A RIGHT ATTITUDE
ABOUT THE POSITIVE CHANGES
I AM MAKING IN MY LIFE.”**

OPTIONAL SCRIPTURE READING:

I CORINTHIANS 10:31

*“Therefore, whether you eat or drink or whatever you do, do all to the glory of God.”
(New King James Bible)*

PROVERBS 4:7

“Determination to be wise is the first step toward becoming wise! And with your wisdom, develop common sense and good judgment.” (The Living Bible)

PERSONAL EVALUATION

1. What attitudes about your eating behaviors have surfaced that you know will have to change?

2. How do you feel about these changes you will have to make?

3. As you make new food choices and journal them, do you find yourself amazed and surprised or resistant and angry? Why?

THIS CONCLUDES WEEK ONE – LESSON THREE

A BOOST FOR THE CLIMB

You may have arrived at a point on the road in your weight loss journey which appears mountainous in nature. Today's lesson will give you a "right perspective" which will boost you over what is really nothing more than a "hump" in the road.

It probably is accurate to say you have been unable to get past day four of any previous diet. Day four seems to be the "hump day" for many success-seeking dieters. Getting over the "hump" is especially important for you because you recognize now your problem far exceeds the need to lose weight. This may be evident to you through the physical and emotional pains you may be experiencing at this point. Physically, you may be having symptoms of withdrawal from the lack of sugars and white flour products. Emotionally, there are stresses and longings for the foods which were a daily part of your life. This creates a feeling of weakness as you face the thought of one more day without them. Looking for a reason to go on and get over the "hump," you may have turned to your old friend THE SCALE. Even if it tells you what you want to hear – which is that you have lost two or three pounds – it will not be enough to aid your climb over the "hump." The pain may seem too great.

To move ahead, you must have motivational equipment which meets the need to overcome the potential for defeat you are facing. You must recognize your desire to bring back into your life what you mistakenly believe to be "control" or "choice." You long to eat what you WANT, when you WANT it, and how you WANT it. You have been programmed to believe that ACTING ON THOSE WANTS WILL GIVE YOU WHAT YOU NEED.

"WANT" is a necessary component of life. The word WANT actually means "to lack a need." When properly applied, it provides the mechanism to sustain yourself. However, the WANT FOR FOOD you are now facing is based on old habits, attitudes and responses. These habits have produced in you the very things which motivated you to begin this program. It might be helpful for you to take a moment to recall some of the things that have been produced in your life through giving in to the WANTS of your past. Take a moment and use the space below to identify what they are and how they have affected you:

WEEK ONE – Lesson 4

Look at what you have written. Have these results had a positive impact on your life? How might these results have differed if you had exercised self control? The last three days you may have FELT “controlled” by the program rules. The fact is, they have given you back your freedom of choice. The power and strength needed to get over the “hump” is fueled by the recognition that violating your Agreement of Resolution will simply add another “peak” to the climb on your road to success.

**THE AGREEMENT OF RESOLUTION
IS THE LEAD ROPE OF YOUR CLIMBING GEAR.
USING IT WILL INSURE YOU AGAINST THE FALL
AND BOOST YOU OVER THE HUMP!**

OPTIONAL SCRIPTURE READING:

EPHESIANS 5:15-17

“Look carefully then how you walk, not as unwise men but as wise, making the most of the time, because the days are evil. Therefore do not be foolish, but understand what the will of the Lord is.” (Revised Standard Bible)

PSALM 56:12-13

“I will surely do what I have promised, Lord, and thank you for your help. For you have saved me from death and my feet from slipping, so that I can walk before the Lord in the land of the living.” (The Living Bible)

THIS CONCLUDES WEEK ONE – LESSON FOUR

SMALL STEPS FORWARD PRODUCE GREAT LEAPS AHEAD

“Oh, the changes I have made this week! Counting calories, writing down food choices, saying goodbye to my sweets and my french bread, thinking about what I am putting in my mouth – it is almost too much to bear at once!” Could this be what you are thinking? Are you truly amazed and even a little hopeful by the changes you have made this week? You have proven to yourself that you **do** have the ability to be disciplined and to achieve success.

YOU HAVE BEEN GIVEN THE KEYS TO THE DOOR OF SUCCESS!

These small steps of discipline, seemingly insignificant in and of themselves, add up to lifetime achievement when joined together with your will to persevere. Do not forget your co-travelers who are taking each step with you and stand ready to offer their support. Your class members and leader are or have been where you are. Reach out to them when even the small steps seem difficult. You may even **help them** in their journey!

Only a week ago you did not know you had the strength necessary to complete even four days on this program. Now you know you do! Could it be possible you have what is needed to really complete the journey this time? YES!

MILES ARE LOGGED THROUGH SMALL STEPS FORWARD!

OPTIONAL SCRIPTURE READING:

I THESSALONIANS 5:11

*“Therefore encourage one another, and build up one another, just as you also are doing.”
(New American Standard Bible)*

PROVERBS 3:21-23

“My son, keep sound wisdom and discretion; let them not escape from your sight, and they will be life for your soul and adornment for your neck. Then you’ll walk on your way securely and your foot will not stumble.” (Revised Standard Bible)

PERSONAL EVALUATION

1. What are some foods you have found particularly hard to give up this week? What do you think it is about those foods that make them so hard for you to give up?

2. In the past, have you gone on “food binges” where you ate foods regardless of their appeal? Afterwards, how did you feel emotionally and physically?

3. What habits are you looking forward to removing from your life forever? What are you doing today that will help you succeed?

4. What does the term “addictive eater” mean to you? What habits have you formed in the past which parallel this definition?

THIS CONCLUDES WEEK ONE – LESSON FIVE

REHABILITATED ATTITUDES AND ABILITIES

One of the important things missing in most weight loss regimes is the goal of “rehabilitation” of the overeater. You may have submitted yourself to many “balanced” plans, lost weight and soon afterwards found yourself returning to your old way of eating. Diet creators seem unable or unwilling to realize the root of the problem and offer ways to make lasting change. One of the obstacles they face is the need to appeal to the overweight individual. Most want quick, instant success; not the slow, thoughtful work of lifetime discipline. You, on the other hand, are ready to get off the diet merry-go-round. You are now willing to lay down your HABITS and exchange them for new ATTITUDES which create the ability to achieve results. Those results will bring rehabilitation and successful weight loss!

An important part of rehabilitation is restoration. To “restore” means to return to an original, intended state. When you restore a piece of furniture, you do not create a new piece of furniture, but simply bring it back to its original form. You must first remove the layers upon layers of paint and varnish to reach the original wood. Then you must sand out all of the imperfections before applying the new finish. This is a long, slow process. If the wood could talk it would tell you how painful the process is. In a similar way, you are submitting your body, mind and spirit to the restoration process. This restoration will be complete to the extent YOU are willing to be rehabilitated.

Regardless of the amount of weight you desire to remove, you must form new ATTITUDES and recognize YOUR ABILITY to change as part of your lifestyle. This week you have begun to realize the extent and reality of weakness in your eating behaviors. View each new day as an opportunity to reinforce new behaviors and use your keys to success. Your attitude will become more positive and strengthen your abilities.

Your firm commitment to the program this week has started the restoration process. As the piece of furniture, your first layer is coming off. It hurts, doesn't it? That varnish has been there for a long time! This truly is a new beginning for you. You will never be the same – even if you discontinue the process today by an act of your will. Do you want to be a beautiful piece of furniture marred by an unfinished process? NO!

**THROUGH REHABILITATION YOU FORM NEW ATTITUDES.
YOU RECOGNIZE YOUR ABILITY
TO BE ALL YOU WERE CREATED TO BE.**

OPTIONAL SCRIPTURE READING:

JAMES 1:5

*“If you want to know what God wants you to do, ask Him, and He will gladly tell you, for He is always ready to give a bountiful supply of wisdom to all who ask Him; He will not resent it.”
(The Living Bible)*

WEEK ONE - Lesson 6

PSALM 119:28-34

“I weep with grief; my heart is heavy with sorrow; encourage and cheer me with your words. Keep me far from every wrong; help me, undeserving as I am, to obey your laws, for I have chosen to do right. I cling to your commands and follow them as closely as I can. Lord, don’t let me make a mess of things. If you will only help me to want your will, then I will follow your laws even more closely. Just tell me what to do and I will do it, Lord. As long as I live I’ll wholeheartedly obey. Make me walk along the right paths for I know how delightful they really are.” (The Living Bible)

PERSONAL EVALUATION

1. How do you feel about using the word “rehabilitation” in connection with your overeating?

2. People usually think of the rehabilitation process as needing to be confined or set apart from society for a time. How have you found yourself “confined or set apart” this week (i.e. – turning down a dinner invitation, eating differently than friends or family)?

3. List three foods you can have on the program which are not normally connected with a “diet.” (If you can’t name three, call your leader for help.)

- 1. _____
- 2. _____
- 3. _____

4. Which of these foods could you find in an average restaurant?

THIS CONCLUDES WEEK ONE – LESSON SIX

GO AHEAD... GET EXCITED!

This week you have really made progress on the road to a new life! You are putting the past behind you: recognizing and attaining new attitudes; realizing you have the abilities to really make the changes that will bring about lasting results.

ARE YOU EXCITED TO BE ALL THAT YOU CAN BE?

You might find this an astounding question. “Shouldn’t the fact that I have followed the guidelines of this program all week speak of excitement?” No, it speaks of willingness, desire and hope. The question is “are you excited?” Can you see the difference?

EXCITEMENT IS JOYOUS EXPECTATION!

There is a confident, free person under that extra weight. You may have seen that person before. Perhaps it has only been a fantasy, quickly extinguished. The keys to freedom are firmly within your grasp! There is **ABSOLUTELY NOTHING TO STAND IN THE WAY OF YOUR EMERGENCE!**

THAT IS EXCITING!

Take a moment right now and experience how great it is that you are making steps to achieve the fullness of health and vitality you have always desired. You had almost given up hope completely. You were prepared to “live with it.” However, you chose instead to give those dreams another chance. Look how far you have come!

That person inside you must be acknowledged and recognized. As you make steps to bring about the restoration of that person within, the **TRUE YOU**, you must believe it is possible. The **TRUE YOU** must exit the realm of fantasy and become a reality in every facet of your mind, spirit and body. Next week you will be given the **KEY PRINCIPLE** behind this concept. You will say goodbye forever to that fat, unhealthy picture you have of yourself and say hello to all that you were created to be!

BE EXCITED!

OPTIONAL SCRIPTURE READING:

ROMANS 14:17

“For, after all, the important thing for us as Christians is not what we eat or drink but stirring up goodness and peace and joy from the Holy Spirit.” (The Living Bible)

PSALM 92:1-4

“It is good to give thanks to the Lord, And to sing praises to Thy name, O Most High; To declare Thy lovingkindness in the morning, And Thy faithfulness by night, With the ten-stringed lute, and with the harp; With resounding music upon the lyre. For Thou, O Lord, hast made me glad by what Thou hast done, I will sing for joy at the works of Thy hands.” (New American Standard Bible)

PERSONAL EVALUATION

1. Who have you told about your new food guide since you began the program?

2. How did they react?

3. How did this make you feel?

4. Do you feel this person or those close to you understand your problem and support you? In what ways do you feel supported?

5. In what ways do you feel misunderstood?

THIS CONCLUDES WEEK ONE – LESSON SEVEN