



# *Healthy Living*

based on  
**THE PRISM**  
WEIGHT LOSS PROGRAM

Curriculum One (1)  
Week 3

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*Healthy Living*

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**THE PRISM**  
WEIGHT LOSS PROGRAM

**WEEK THREE:**

Attitudes  
of the  
True You!

## **TAKING A LOOK AT THE FOUNDATION FOR CHOICES**

As you honestly assess your eating behaviors and their negative results, you begin to see a list of “bad habits” you have developed. You may feel you have begun to develop “good habits” over the past two weeks which will replace your “bad habits.” You hope these new habits will support the TRUE YOU with the same effectiveness that your old habits controlled you in the past. Sadly, this will not happen since habits are subconscious responses to attitudes developed over a long period of time. Your bad habits are based on old attitudes of perceived weakness and inability to succeed. These dwell alongside your excuses and justifications for overeating and being overweight. The new habits you believe you are forming are based more on your commitment to program guidelines than a true change in attitude. This program is designed to help you exchange your old attitudes for new, right attitudes. These new attitudes will promote positive actions that lead to your total transformation to the TRUE YOU!!! These attitudes will go with you even after you reach your “right weight.” Your attitudes about your own capabilities, food’s role in your life and your body must all be transformed if you are to reach your “right weight” and live as the person you were created to be for a lifetime.

This week you will begin your attitude transformation by examining some of your bad habits and the attitudes associated with them. As you discover the relationship between attitudes and habits, you will learn about the possibilities which lie ahead for you to develop new, right attitudes about your eating behaviors. You will be given “action steps” to assist you in the development of right attitudes. By putting these actions into daily practice, you will be well on the road to transforming your attitudes and actions into those of the TRUE YOU.

It is extremely important that you give a great deal of thought to this KEY PRINCIPLE. It may be the number one reason your past “diet successes” failed to last. The PRISM® Weight Loss Program was created with transformation as a primary objective. Your success in achieving and continuing the TRUE YOU lifestyle will be a result of positive actions supported by right attitudes developed through this program.

**ACTIONS WHICH ARE SUPPORTED BY  
RIGHT ATTITUDES ELIMINATE  
BAD HABITS FOR LIFE!!**

### **OPTIONAL SCRIPTURE READING:**

#### **ROMANS 8:12-13**

*“Therefore, brothers, we have an obligation – but it is not to the sinful nature, to live according to it. For if you live according to the sinful nature, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live...” (New International Bible)*

#### **PSALM 119:153-154**

*“Look upon my affliction and rescue me, for I do not forget Thy law. Plead my cause and redeem me; revive me according to Thy word.” (New American Standard Bible)*

**PERSONAL EVALUATION**

1. What bad habits have you noticed in the last two weeks that have contributed to your overeating?

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2. How have these bad habits kept you from controlling your eating behaviors?

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3. What are some of the program guidelines and their corresponding actions that are helping you change these bad habits?

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***THIS CONCLUDES WEEK THREE – LESSON ONE***

## A “WEIGHTY” HABIT THE SCALE

**Bad habits** are developed to compensate for perceived or actual weakness in your life.

**Right attitudes** are developed in support of perceived or actual strengths. Attitudes motivate you to action.

How often did you weigh before you were asked to put the scale away a few days ago? Or are you one who already avoided the scale at all costs? An honest answer to these questions could indicate a harmful habit pattern in your relationship to the scale. Following are some actual quotes from others concerning the habit of weighing:

“I weighed more times each day than I could count. I weighed before a bath and again right after. I don’t know what I expected to happen in the tub!”

“I had a friend who had a digital scale. I heard they were very accurate. I would go to her home, excuse myself to use the bathroom, take off all of my clothes, weigh, get dressed, flush the toilet and re-enter the room – never saying a word. Although what happened in that bathroom would affect my whole attitude during my visit, no one knew.”

“I avoided going to my doctor for an annual physical for four years because I knew the nurse would weigh me. I did not want to live through that experience, I would have rather died.”

Could any of these words be yours? Even if your answer is no, you need to recognize and understand the entrapment of bad habits with respect to the scale. Realizing how your scale habits were formed will ensure a right attitude and action concerning weighing in the future.

The “weighty” habit of scale misuse arises from a perceived or known weakness in self-control regarding your eating behavior. The scale is a measuring tool; however, failure to control your eating combined with dishonesty or disappointment in weight loss or maintenance efforts can turn this tool into a standard of PERSONAL MEASUREMENT. You allow this mechanical tool for calculating body weight to take on a personality and gain power over you.

It is helpful to develop specific criteria to measure character and achievement. These criteria must be based on abilities and actions completed. The bathroom scale is not programmed to measure these elements. In your effort to make adjustments in your eating behavior and attain desired weight loss, the scale cannot be your standard of measurement.

### **THE PROGRAM GUIDELINES ARE THE CRITERIA TO EVALUATE YOUR PROGRESS ON THE JOURNEY TO THE TRUE YOU!**

If you believe you need a scale to prove that you are following the program or that it will work, you are vastly underestimating both yourself and the program! The program will stand on its own. You deserve and require more trust and belief in yourself than a scale can give to you. Re-read your

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## **WEEK THREE - Lesson 2**

Agreement of Resolution and your answers to the Introduction questions. You made a commitment based on a deep desire to end your battle with weight once and for all. Your commitment required incredible personal courage. You are no longer playing “diet games.” Your disciplined daily actions have put you on the road to victory!

**YOU DO NOT NEED THE SCALE TO TELL YOU THE VICTORY IS NEAR!  
YOU REALIZE IT IN YOUR DETERMINED ATTITUDE AND YOUR ACTIONS OF DISCIPLINE.**

Get off the scale! Stay off the scale! Do not fear its presence; it cannot hurt you anymore. Allow this attitude of determination and action of discipline to take root and grow – and you will soon casually use the scale as the tool it was invented to be.

Say the following statement outloud:

**“THE EMERGENCE OF THE ‘TRUE \_\_\_\_\_’ (INSERT YOUR NAME)  
IS TAKING PLACE DAILY THROUGH MY ATTITUDES OF  
COURAGE, TRUST AND PERSEVERANCE AND MY  
ACTIONS OF DISCIPLINED EATING BEHAVIOR.”**

### **OPTIONAL SCRIPTURE READING:**

#### **ROMANS 5:3-5**

*“Not only so, but we also rejoice in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not disappoint us, because God has poured out his love into our hearts by the Holy Spirit, whom he has given us.”  
(New International Bible)*

#### **PROVERBS 16:20**

*“Whoever gives heed to instruction prospers, and blessed is he who trusts in the Lord.”  
(New International Bible)*

***THIS CONCLUDES WEEK THREE – LESSON TWO***

## DARE TO CARE - FOR YOURSELF

A significant factor in successful weight loss is the ability of the problem eater to let his special needs be known to others around him. If you have struggled the past two and one-half weeks, one reason may be your unwillingness to take care of yourself. You may feel like a person who has been diagnosed with a serious or embarrassing illness, been given a prescription for the cure, but is afraid to go to the pharmacy to fill it for fear of being discovered. That would make no sense, right? What do you think might cause an ill person to resist full treatment and continue to suffer alone? Is it PRIDE? Pride is a “high or unrealistic opinion of oneself and abilities.”

While true *these actions are prideful*, pride is likely not a part of this person’s ATTITUDE about himself. When a person is aware of a weakness within himself, he often feels humiliated and attempts to hide it from the world. He lacks confidence and trust in those close to him to understand and help. Eventually, the illness progresses and exhibits symptoms visible to others. The ill person may devise ways to “shield” these symptoms for awhile.

Even when the symptoms become apparent to others they are prevented from offering assistance as long as the ill person denies there is a problem. Everyone continues on, engulfed in a cloud of deception. In this scenario everyone loses, particularly the ill person!

Have you, the diagnosed overeater, refused to completely fill your prescription for the TRUE YOU? Are you refusing to buy special foods, books or vitamins because you do not want to draw attention to your weakness? Have you continued to face tempting situations like Friday night pizza or ice cream socials rather than share your need for alternatives? When you leave home to attend your PRISM® class do you feel you are being selfish and letting your family down by robbing them of one more hour and the money it costs for this program? Stop! Don’t you realize your needs are AS IMPORTANT as those around you?

**YOUR HEALING WILL BENEFIT THOSE WHO ARE SPECIAL TO YOU  
FAR MORE THAN IF YOU CONTINUE TO SUFFER IN SILENCE  
FROM THE CONSEQUENCES OF OVEREATING!**

You see, by caring for yourself you care for others. Be all that you were created to be for those you love and cherish! Act for yourself and YOUR good health.

**Say the following outloud:**

**“I AM A SPECIAL, WONDERFULLY CREATIVE INDIVIDUAL WORTHY OF  
COMPLETE HEALING TO BENEFIT MYSELF AND OTHERS.”**

BELIEVING this will produce actions that can bring lifetime healing.

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**WEEK THREE** - *Lesson 3*

**OPTIONAL SCRIPTURE READING:**

**EPHESIANS 5:29-30**

*“After all, no one ever hated his own body, but he feeds and cares for it, just as Christ does the church – for we are members of His body.” (New International Bible)*

**JEREMIAH 17:14**

*“Heal me, O Lord, and I will be healed; save me and I will be saved, for thou art my praise.” (New American Standard Bible)*

**PERSONAL EVALUATION**

1. What are some ways in which you have hidden your problems with overeating from others?

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2. Think about being honest and open with others about your need for assistance in overcoming poor eating behaviors. What possible reaction from others do you most fear?

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3. How does that reaction indicate a need for education of and communication with others? How can you educate and communicate?

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4. How has your weight problem and overeating affected those you love?

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5. When you gain control of this area of your life, how will they benefit?

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***THIS CONCLUDES WEEK THREE - LESSON THREE***

## **OUT OF THE “EATING CLOSET” AND INTO THE LIGHT**

A significant number of people share a common overeating habit – thoughtless or “closet eating.” Thoughtless eating is tasting or snacking on foods during meal preparation, meal clean-up or while involved in other activities. “Closet eating” is not done in a small, dark space; rather, it is the eating you do in a hidden or deceptive manner. Both of these habits are common among overweight people and appear to be based on feelings of helplessness and out-of-control desire. These two kinds of eating almost always culminate in feelings of deep guilt and self-condemnation. The sense of hopelessness which follows this behavior is incredible. “Why do I do this?” and “Why can’t I stop?” are just two of the questions you ask yourself when this habit engulfs you.

Condemnation, guilt and hopelessness are not feelings associated with freedom, are they? Therefore, if either of these habits is a part of your eating behavior, you must work to discover and eliminate the attitudes that contribute to it. Having a right attitude about how and when you eat will give you the confidence and freedom to bring your eating “out of the closet and into the light!”

If you have a habit of tasting, snacking or hidden eating, it undoubtedly has become apparent over the last three weeks. The guidelines of this program ask that you write down and account for the value of everything you eat. Suddenly, you think twice before you take that taste or pick up that snack at the office. You ask yourself, “Is this really how I want to spend my precious calories?” You **THINK** before you eat. If you are a closet eater in the process of change, you have found yourself staring at the candy bars in the check-out line or at the ice cream in the freezer section. It is a big change to drive by your favorite fast food restaurant and **NOT DRIVE-THRU** for two of your favorite items (Of course you always ordered two small drinks to avoid being discovered!). Isn’t it a great feeling once the “poor me” syndrome passes?!

You have proven to yourself you can survive without these rituals; however, these **NEW HABITS** are right now based solely on your commitment to this program and to weight loss. The attitudes that contributed to those old, self-destructive habits are still there – waiting to resurface. As you reach a comfortable spot in your weight loss and become more accepting of your body, you will find tasting, snacking or closet eating entering your life again. Even if you are able to compensate for their presence for a period of time, **KNOW** that those feelings of condemnation, guilt and hopelessness **WILL RETURN WITH A VENGEANCE!**

### **THAT IS NOT WHAT YOU WANT, IS IT?**

You do not want to live with those feelings ever again! You must come to understand that the key to freedom from these eating behaviors is in **YOUR ATTITUDE ABOUT YOURSELF** and your ability to control your eating through honesty and accountability. It is important to look at how you put yourself into these eating traps by what you say to yourself and others.

Examine first the “taster” and “garbage disposal.” Have you or anyone else ever called you one or both of these? Through this behavior, MANY of you have consumed an entire meal while preparing dinner for your family. It might appear you are afraid you will not get enough to eat at the meal. In reality, you are probably more afraid that others will discover how much you actually do eat! Eating food in handfuls or spoonfuls out of a bowl or pot does not appear to have the same volume or value as food served on a dinner plate. You do not have to acknowledge it and others don’t see you pile it on your plate. Sadly, this behavior is a major contributor to your feelings of being abnormal and an outcast. Your refusal to face the truth hurts you and you alone.

You deserve to sit down to a meal and know that the amount of food on your plate is exactly what you need to sustain yourself. YOU CHOSE IT, it did not choose you. You deserve the confidence that you know what you need. Your attitude must be one of honest accountability for every meal and confidence in your understanding of yourself. These attitudes enforce the fact that YOU ARE NOT the house “taster” or “human garbage disposal.” YOU ARE a controlled, intelligent, normal person who understands your nutritional needs and can enjoy healthy food without remorse. THAT IS THE TRUTH FOR YOU!

This change in attitude will not happen immediately; it takes time. Allow yourself the opportunity for this new attitude to take root within you through adherence to the KEY PRINCIPLES and guidelines in this program and a personal commitment to accept nothing less than complete change. Believe and tell yourself and others YOU ARE CAPABLE of a change in attitude about your eating needs!

YOU ARE BRINGING DECEPTIVE EATING BEHAVIOR OUT OF THE CLOSET AND INTO THE LIGHT! Do this and you will enjoy victory and freedom that only honest eating can give!

### **OPTIONAL SCRIPTURE READING:**

#### **JOHN 3:19-21**

*“Their sentence is based on this fact: that the Light from heaven came into the world, but they loved the darkness more than the Light, for their deeds were evil. They hated the heavenly Light because they wanted to sin in the darkness. They stayed away from that Light for fear their sins would be exposed and they would be punished. But those doing right come gladly to the Light to let everyone see that they are doing what God wants them to.” (Jesus speaking) (The Living Bible)*

#### **MARK 4:22-23**

*“For whatever is hidden is meant to be disclosed, and whatever is concealed is meant to be brought into the open.” (New American Standard Bible)*

#### **PSALM 32:1**

*“How blessed is he whose transgression is forgiven, whose sin is covered! How blessed is the man to whom the Lord does not impute iniquity, and in whose spirit there is no deceit!” (New American Standard Bible)*

**PERSONAL EVALUATION**

1. Since you began this program, what has come to your attention about your past eating behavior that surprised you? What has not surprised you?

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2. How did these past behaviors affect your life? Discuss how they affected you physically, emotionally and spiritually.

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3. How has the program guideline of journaling and valuing all food brought these behaviors to light? How important has this behavioral adjustment been in your life? What new attitudes are you forming because of it?

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4. How are those close to you responding to your change in eating behavior? What are they saying to you and how does that make you feel?

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***THIS CONCLUDES WEEK THREE – LESSON FOUR***

## THE HABIT OF CLOSET EATING – CONTINUED

Yesterday you looked at the hidden eating habits of tasting and snacking before or after meals. Today you will examine eating in secret and what this says about your attitude toward your eating. Remember, if you have participated in secretive eating in the past, that behavior will not “just go away.” You are motivated to resist that habit now by the awareness of your need to lose weight. Once your desire to lose weight subsides, this secretive eating behavior will resurface unless YOU CHANGE YOUR ATTITUDE about it. Look now at the habit of “closet eating.”

The SECRETIVE NATURE of closet eating is what sets it apart from tasting and snacking. Tasting and snacking is usually done in close proximity to others. Part of “the game” is to not get caught. Closet eating usually involves larger quantities of food and is done in very creative ways to reduce or eliminate the risk of being discovered. Closet eating occurs in the car, in bed, in the bathroom anywhere you can be alone for an adequate length of time. If you have ever “been discovered” you probably lied about or tried to cover up the “evidence.” Although you might believe this secret eating would give you feelings of control and power, the true feelings of “the closet eater” are that they despise themselves and are completely enslaved to food. Have you experienced this overwhelming feeling of helplessness? Feelings like these touch every part of your life. That is why this HABIT must have no place in your new life of FREEDOM!

In order for you to form a new attitude about closet eating you must discover what makes it so attractive and acceptable. Solomon was the inspired author of the book of Proverbs in the Bible. Whether he had a problem with food is unknown, but God spoke through Solomon concerning the treatment of food in life. In Chapters 9 and 20, eating in secret and its effects are specifically addressed. In Chapter 9 he writes: “The woman Folly... sits at the door... calling out... ’Let all who are simple come in here! Stolen water is sweet; food eaten in secret is delicious!’” Have you been listening to “Folly”? Many of you have believed the lie that eating in secret somehow adds flavor to the food; that it will be more satisfying and delicious. Certainly you can eat the larger quantities you desire when you are alone. You would never eat three to five candy bars in front of anyone, even a loved one! You decide that if one is good, multiple quantities must be better. The truth is that you devour the food so quickly to avoid discovery that you scarcely enjoy the true flavor. The food passes right over your taste buds and you find yourself hungering for more. You now have to deal with a need that has failed to be met AND the emotional turmoil which soon follows. You don’t miss that in your life right now, do you?!

Proverbs 20:17 says: “Food gained by fraud tastes sweet to a man, but he ends up with a mouth full of gravel.” (New International Bible) Haven’t you found this statement to be true? This closet eating habit does not meet your need, and the results are anything but sweet! A mouthful of gravel sounds extremely uncomfortable, doesn’t it? It feels heavy, painful and stifling. The habit of closet eating or secretive eating can produce nothing good in your life. You feel out of control and ashamed. Your loved ones feel betrayed and confused. From now on, your attitude toward how, when and what you eat must and will be:

**WEEK THREE - Lesson 5**

**CONTROLLED... CONFIDENT... HONEST... SATISFYING!**

You do not have to hide what you eat. You know what and how much your body needs. When you make the decision to eat, you take the time to enjoy your food... not wolf it down! You know that the eating decisions you are making every day promote health and restoration in your body. Why punish yourself? Thoughtful, confident eating is an ATTITUDE which will produce ACTIONS that nurture and strengthen YOU. There is no more need for deceptive acts. With ease you choose to eat before others. Control and choice belong to you AND THE RESULTS WILL BE YOURS ALONE!!

**Say the following outloud:**

**"I MAKE THOUGHTFUL, CONFIDENT DECISIONS AND CHOICES FOR  
NOURISHING MY BODY. I CHOOSE TO BE HONEST WITH MY EATING.  
THESE TWO THINGS PRODUCE HEALTH, BEAUTY AND SATISFACTION  
IN MY WHOLE LIFE!!!!"**

**OPTIONAL SCRIPTURE READING:**

**PSALM 32**

*How blessed is he whose transgression is forgiven, Whose sin is covered!  
How blessed is the man to whom the Lord does not impute iniquity,  
And in whose spirit there is no deceit!  
When I kept silent **about my sin**, my body wasted away  
Through my groaning all day long.  
For day and night Thy hand was heavy upon me;  
My vitality was drained away as with the fever heat of summer.  
I acknowledged my sin to Thee, And my iniquity I did not hide;  
I said, 'I will confess my transgressions to the Lord';  
And Thou didst forgive the guilt of my sin.  
Therefore, let everyone who is godly pray to Thee in a time when Thou mayest be found;  
Surely in a flood of great waters they shall not reach him.  
Thou art my hiding place; Thou dost preserve me from trouble;  
Thou dost surround me with songs of deliverance.  
I will instruct you and teach you in the way which you should go;  
I will counsel you with My eye upon you.  
Do not be as the horse or as the mule which have no understanding,  
Whose trappings include bit and bridle to hold them in check,  
**Otherwise** they will not come near to you.  
Many are the sorrows of the wicked;  
But he who trusts in the Lord, lovingkindness shall surround him.  
Be glad in the Lord and rejoice you righteous ones,  
And shout for joy all you who are upright in heart." (New American Standard Bible)*

**THIS CONCLUDES WEEK THREE – LESSON FIVE**

## THE CHANGE THAT TRANSFORMS...

Transformation – There’s a word rarely associated with the common “diet.” Weight loss changes a person’s outward appearance, but doesn’t “transform” that person. Transformation involves the **WHOLE PERSON** – body, mind and spirit. The lack of complete and total change is undoubtedly the main reason that 95% of people who go on a weight loss program later regain the lost weight. You must experience a process of **TRANSFORMATION** if you are never to return to your former state of fat. You’ve watched yourself developing new attitudes about your ability to live the life necessary to be the **TRUE YOU**. Conversely, the recent discussions of habits and attitudes may leave you wondering if you will ever see yourself as a strong, capable person in control of your eating habits. The very word “transformation” may frighten you. The unknowns of the changes necessary in your life to complete this process make you apprehensive and doubtful. When you look at your **TRUE YOU** picture, do you see it as only a dream? This lack of confidence may cause you to question why you should even continue to try...

### **WAIT!**

**REMEMBER WHAT MOTIVATED YOU TO BEGIN THIS PROGRAM... AND LOOK HOW FAR YOU HAVE COME IN THREE SHORT WEEKS!**

**TURN BACK TO YOUR INTRODUCTION QUESTIONS.  
RE-READ YOUR ANSWERS AND THEN RETURN TO THIS LESSON.**

How did you answer questions four and five? Do any of your answers from just three weeks ago surprise you? You likely had serious doubts when you answered those questions; but more important, you had legitimate hopes and reasons for seeing your goals become reality. **THOSE THINGS HAVE NOT CHANGED!!** When you read your answer to question five, you see a person who desires to be completely transformed to enjoy those freedoms for life. You are on the road to becoming that person! However, one difficulty to overcome is that you must continually be honest with yourself about how the **TRUE YOU** will live. Your fear of acknowledging and accepting how your life will be changed is a common one.

To clarify and increase your understanding of this wonderful process, it is helpful to examine another amazing transformation which takes place in nature: Caterpillar to Butterfly. Though parts of one creature’s life, note how very different the two lifestyles are. There is nothing to fear; you will see the same thing is true for all **TRUE YOU** achievers. You need only change your view of who you are and how you should live with this new awareness.

Have you ever watched a caterpillar eat? It goes from meal to meal, clinging constantly to its source of food. It always eats, rarely stopping for a break. On the other hand, the butterfly appears to stop for a meal only on occasion. It seems the butterfly enjoys other activities more than eating. Flying around the beauty of flowers is its favorite thing to do. It eats of the nectar of the plant, the lightest and most

### **WEEK THREE – Lesson 6**

energizing part. The caterpillar eats the most bulky part of the plant. The butterfly cannot be weighed down by its meal, but the caterpillar must always feel stuffed. What do you think would happen if the butterfly began eating bulky food all the time? More than likely, after a short time it would not be able to fly. What would a “grounded” butterfly be? Food for a predator! When you look at your TRUE YOU picture do you see a person who eats heavy, bulky foods constantly? No, this is a person who eats only to energize himself for the wonderful activities he enjoys. Your TRUE YOU does not eat for recreation or protection, but for support. As you adhere to the program guidelines each day, you move closer to fully adopting the eating behaviors of your TRUE YOU. Does this mean you will always eat 1,200 calories per day? Not likely, but accountability and the importance of planning your meals will become part of your daily life. You must continue to allow the program guidelines to transform your ATTITUDE about how, what and when you should eat. This TRANSFORMED ATTITUDE will support the person in your TRUE YOU picture.

Do not be overwhelmed! You can see this change occur. It has already happened to many others who began as you have. Think how a caterpillar would react if a butterfly flew up to it and told it that very soon it would become a butterfly and never want to eat leaves again. The caterpillar would shake its head in disbelief and crawl away. The truth is the transformation would still take place. In the same way, as you continue to follow ALL of the program guidelines you too will soon become the TRUE YOU. You must believe this transformation will occur. You will be amazed at what will happen if you are patient and willing to be honest with yourself.

**YOU NO LONGER HAVE TO SETTLE FOR  
CATERPILLAR LIFE...  
THE FREE, HAPPY, CONFIDENT LIFE  
OF THE BUTTERFLY IS INSIDE YOU,  
EMERGING FURTHER EVERY DAY!**

### **OPTIONAL SCRIPTURE READING:**

#### **ROMANS 12:2**

*“And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what the will of God is, that which is good and acceptable and perfect.”  
(New American Standard Bible)*

#### **PSALM 119:17-18**

*“Deal bountifully with Thy servant, that I may live and keep Thy word. Open my eyes, that I may behold wonderful things from Thy law.” (New American Standard Bible)*

***THIS CONCLUDES WEEK THREE – LESSON SIX***

## THE ACTIVITIES OF THE TRANSFORMED PERSON

Yesterday you began to look at the attitudes and eating behaviors of the transformed person. You examined the significant changes made in the life of a butterfly. This same analogy serves to illustrate another change in attitude and behavior; the amount of physical activity the TRUE YOU will require. What is your current view of physical activity?

If you are like most overweight people, physical activity can be painful and sometimes embarrassing. People who carry a large amount of extra weight have difficulty with many physical activities. Even if you are slightly overweight you may have negative feelings toward physical activity. This negative attitude can result in a habit of avoiding activity at all costs. The way you avoid activity may be blatant or subtle. You would rather sit or ride than walk. The fact is that the TRUE YOU lifestyle is one that includes physical activity. A healthy attitude toward physical exercise is important in the development of the TRUE YOU. Look once again at the analogy of the butterfly and caterpillar. Have you ever seen a caterpillar move quickly? It is doubtful. They normally prefer to stay in one place close to their source of food. Conversely, butterflies spend much more time moving around than sitting still. They fly almost constantly stopping only to eat of the best part of the plant. What would happen to the butterfly if it decided to sit for too long? It would die, it would cease to be a butterfly.

You must exchange the habit to avoid physical activity for an attitude of energy and strength. When you look at your TRUE YOU picture, you must see how you will live as well as how you will look. If you fail to transform your habits, it will only be a matter of time before you are back to the world of the caterpillar. Now is the time to add more physical activity to your lifestyle. Make the decision to walk more, move more, play more. These are the beginnings that will produce a right attitude within you. Remember, this is who you were created to be! It will not be a new person who emerges from this program, it will be a restored you. Your goal is not to change who you are but to make the absolute best of what God has given to you! Continue to give yourself the opportunity to make all your dreams and desires a reality.

### **KEY PRINCIPLE NUMBER FOUR:**

**POSITIVE ATTITUDES WILL PRODUCE RIGHT ACTIONS  
TO TRANSFORM OLD BAD HABITS.**

**WEEK THREE** – Lesson 7

**OPTIONAL SCRIPTURE READING:**

**I CORINTHIANS 9:25-27**

*“Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever. Therefore I do not run like a man running aimlessly; I do not fight like a man beating the air. No, I beat my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.”*  
(New International Bible)

**ISAIAH 58:11**

*“The Lord will guide you always; he will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail.”* (New International Bible)

**PERSONAL EVALUATION**

1. What is your attitude today about physical activity? What habits result from this attitude?

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2. When you think of increased physical activity in your life, how does that make you feel?

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3. Do you believe that slender people are more active than overweight people? What does your answer mean to you?

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4. How does the excitement of becoming the healthy, TRUE YOU that you were created to be compare to the extra time and energy you might have to expend to achieve it?

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5. What are some ways that you can incorporate more physical activity into your life?

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***THIS CONCLUDES WEEK THREE – LESSON SEVEN***