



# *Healthy Living*

based on  
**THE PRISM**  
WEIGHT LOSS PROGRAM

Curriculum Two (2)  
Week 9

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*Healthy Living*



**WEEK NINE:**

# Learning to Accept the Transformation

**PERSONAL EVALUATION**

1. When you walk quickly by your reflection, how do you feel about what you see?

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2. In what ways do you see the most change physically? Emotionally?

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3. How does the TRUE YOU mirror help you to feel more comfortable about these changes?

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4. If you have been at your right body size before, what positive or negative memories does that experience carry? Do these memories affect how you feel about the TRUE YOU?

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5. What are some of the positive changes you can and should make in your personal appearance? Think about why you have not made some of these changes. What steps can you take today to begin to LIVE the TRUE YOU?

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***THIS CONCLUDES WEEK NINE – LESSON ONE***

## FOCUS ON THE TOTAL CHANGE

People who have been successful at weight loss share at least one other thing in common – ATTENTION. Think about it; if you had been at a party two months ago, would anyone have asked you about the secrets to successful weight loss? More than likely, others didn't talk to you at all about losing weight for fear it might embarrass you. Today you may find that those same people want to know YOUR secret for successful weight loss. The world is searching for the answer and your success indicates to others you may have found it.

All of this attention can be very exciting, but may also cause you to stumble. “How?” you may ask. “It's nice to get positive strokes. I've worked so hard.” It is true, you have done very well. Much of your success; however, is due to the strict guidelines of the program. When you are honest with yourself, you realize you still have some serious problems with eating. You also know that the biggest changes are taking place inside of you.

**IN THE LONG RUN, IT IS  
THE INNER CHANGES THAT WILL  
BRING ABOUT TRANSFORMATION!**

The praise and pats on the back you are now receiving must be kept in perspective. Do not allow the wonderful changes that are taking place on the outside distract you from the healing yet to come on the inside. Lasting transformation must include new, positive attitudes about food and eating which lead to right actions and lasting change.

This week you will look at clothing and style. Feeling good about the way you look is very important, but you must be “well dressed” on the INSIDE to live the life of the TRUE YOU.

View today as another opportunity to work change within. Let the comments of others about the positive changes they see in you encourage you to continue your journey to lasting TRANSFORMATION and the person you were created to be.

**THE REAL PROGRESS ON THE ROAD  
TO THE TRUE YOU  
IS TAKING PLACE INSIDE OF YOU!**

### OPTIONAL SCRIPTURE READING:

#### I PETER 5:5

*“You younger men, likewise, be subject to your elders; and all of you, clothe yourselves with humility toward one another, for God is opposed to the proud, but gives grace to the humble.”*  
(New American Standard Bible)

#### PSALM 25:4-5

*“Make me know Thy ways, O Lord; teach me Thy paths. Lead me in Thy truth and teach me, for Thou art the God of my salvation; for Thee I wait all the day.”* (New American Standard Bible)

**PERSONAL EVALUATION**

1. How has the attention from others in the last few weeks affected your attitude toward adherence to the program guidelines?

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2. Compare the changes you see in the mirror with those you see happening within you.

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3. Describe your feelings when you read your answers to questions one and two.

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4. Read your Agreement of Resolution. How is your commitment helping you develop new attitudes for lasting change?

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***THIS CONCLUDES WEEK NINE – LESSON TWO***

## THE “WEIGHS” OF VICTORY

“I do not need a scale to tell me I am becoming the TRUE ME!”

Have you noticed your old subconscious image is fast being replaced with your TRUE YOU image?! How many times in the past few weeks have you walked past a store window or mirror and taken a second look at your reflection? Exciting, isn't it?! Do you find yourself staring in amazement at your new frame? You “feel” so much thinner, you may be tempted to weigh just to see how well you are doing. DON'T DO IT! Many have been through this program before you and it has not been beneficial for even one of them to “check their weight.” Hold fast to your commitment for a few more weeks. YOU REALLY ARE BECOMING THE PERSON IN YOUR TRUE YOU MIRROR!

How many times have you admired or taken a second look at your “inner image?” Have you truly dealt with your old habits and attitudes surrounding eating and food? If you are tempted to weigh today, it is likely that you have not! Part of your transformation is the ability to make commitments AND KEEP THEM! You can choose to deceive others by checking your weight, but you won't be fooling yourself. You will know that you are playing games and that will damage the confidence you have built in yourself. You can see the results of following the other program guidelines. Continue to follow this one, too, as you gain understanding of yourself on your journey to the TRUE YOU.

If you are struggling with the temptation to weigh, refer back to the P.R.A.Y. concept in Week Five – Lesson Seven. Claim victory over this latest “bump” in the road as you press onward in your journey. Your destination is set before you. You know what your TRUE YOU looks like. You know what your “right body size and weight” is. YOU DO NOT NEED A SCALE TO TELL YOU WHAT YOU ALREADY KNOW!

**TRUST THE PRISM® PROGRAM GUIDELINES AND KEY PRINCIPLES  
TO PROVIDE THE TOOLS NECESSARY FOR YOU TO DO  
WHAT YOU NEED TO DO,  
TO BE ALL YOU WERE  
CREATED TO BE!**

### OPTIONAL SCRIPTURE READING:

#### EPHESIANS 1:7-8

*“So overflowing is His kindness towards us that He took away all our sins through the blood of His Son, by whom we are saved; and He has showered down upon us the richness of His grace – for how well He understands us and knows what is best for us at all times.” (The Living Bible)*

#### EPHESIANS 1:18-19

*“I pray that your hearts will be flooded with light so that you can see something of the future He has called you to share. I want you to realize that God has been made rich because we who are Christ's have been given to Him! I pray that you will begin to understand how incredibly great His power is to help those who believe Him.” (The Living Bible)*

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**WEEK NINE - Lesson 3**

**I CHRONICLES 29:11-12**

*“Yours, O Lord, is the greatness and the power and the glory and the majesty and the splendor, for everything in heaven and earth is yours. Yours, O Lord, is the kingdom; you are exalted as head over all. Wealth and honor come from you; you are the ruler of all things. In your hands are strength and power to exalt and give strength to all.” (New International Bible)*

**PERSONAL EVALUATION**

1. List three things you are doing daily to place your TRUE YOU image in your subconscious mind.

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2. Have you been tempted to get on the scale? What do you believe is the cause of this temptation?

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3. How can you use your answers to question two to deal with and overcome this temptation?

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***THIS CONCLUDES WEEK NINE – LESSON THREE***

## **NOURISHMENT THAT SUPPORTS THE TRUE YOU**

As you make your way through each week of the program, you understand more of the real reasons for your overeating. Two months ago you saw one problem – you were overweight and you wanted to be slender. Like a caterpillar, you recognized the limitations of “caterpillar life.” As you pass beyond these limits and experience the joy change brings, it is difficult to imagine you could ever go back. BUT, your unhealthy attraction to eating certain foods can steer you off course. When the road is smooth, these unhealthy desires are not as evident, but they are still present. A “bump” in the road can bring them to the surface, causing pain as you struggle to resist.

The process of your transformation has begun; however, you are still developing, gaining more understanding each day. As with the transformation from caterpillar to butterfly, transformation to the TRUE YOU cannot take place until your ATTITUDE TOWARD EATING AND FOOD IS CHANGED! Consider this...

### **BUTTERFLY NOURISHMENT IS NOT THE SAME AS CATERPILLAR FOOD.**

They do not need or desire the same things, but both require food for nourishment. A change must take place in YOUR life. YOU CANNOT EAT LIKE A CATERPILLAR AND LIVE LIKE A BUTTERFLY!!

Does that last statement alarm you or make you nervous? Are you thinking about certain foods that you know you need to eliminate from your life? Is there a part of you that wishes to remain a caterpillar? Do not ignore or push aside these feelings. You must deal with them now, while you are within the “safety” of your program commitment. You realize today that the changes you must make to transform your life must come from within. Like the butterfly, you know the foods which best compliment your lifestyle as the TRUE YOU.

Say the following statement outloud:

**“I CHOOSE TODAY TO CHANGE MY ATTITUDE TOWARD FOOD.  
CATERPILLAR FOOD WILL NO LONGER BE A PART OF MY LIFE.  
LIKE THE BUTTERFLY, I KNOW AND CHOOSE ONLY THE FOOD I NEED  
TO NOURISH AND SUPPORT THE TRUE ME!”**

### **OPTIONAL SCRIPTURE READING:**

#### **II CORINTHIANS 5:17**

*“Therefore if any man is in Christ, he is a new creature; the old things passed away; behold, new things have come.” (New American Standard Bible)*

#### **PSALM 139:23-24**

*“Search me, O God, and know my heart; try me and know my anxious thoughts; and see if there be any hurtful way in me, and lead me in the everlasting way.” (New American Standard Bible)*



## **CLOTHING FOR THE TRUE YOU**

Today's lesson asks you to think and do something about an aspect of weight loss rarely discussed seriously. There is a strong likelihood that what you do or don't do about this will have a significant impact on your commitment to lasting change. This simple area of your life can have a tremendous effect on your subconscious and the way it views your right body size.

How many people have you heard joke about the several different sized clothes in their closet? Many people have slender clothes, medium clothes and "fat" clothes hanging in their closets. They keep these clothes like they pay a monthly insurance premium; it is not a fun thing to do or think about, but the **COVERAGE** is there if you need it!

Are your clothes beginning to "hang" on you? You are not alone. It is common to see participants in this program come to class with clothes that are much too large for their slimmer bodies. Yet, they refuse to part with these "fat clothes." Some say the expense of buying something new only to find it too big in a few weeks is a waste of money. The truth is, buying something on the tight side and seeing yourself fit into it in just a short time is more in line with the process of transformation. Hanging on to your old clothes is like hanging on to your old attitudes. Have you examined the reasons why you have not parted with your old "fat" clothes? Could it be that you fear you will just have to buy new "fat" clothes later? That is like redecorating your home for temporary house guests. Why bother when they are just going to leave? Is that how you feel about the **TRUE YOU**? No!!! **YOUR TRANSFORMATION IS A CHANGE FOR LIFE!**

**THIS IS YOUR LAST WEIGHT LOSS PROGRAM!** You do not want to do this again next year, do you? If the weight on your "right weight" scales is your normal weight, what size clothes are the only ones you will need? Your "fat" days **ARE OVER!!** If you are through with "fat", throw out its chains! Clean out that closet (of the past) today. **YOU DO NOT NEED THOSE CLOTHES ANY LONGER!!!** Goodwill, Salvation Army or other charities would all love your donation.

"What will I wear?" you say. Here are some suggestions. Do you have a friend who might lend you some outfits until you reach your right weight? Make your need known in class. You may be able to "trade around" with others in your class. Finally, you could... **TREAT YOURSELF TO A NEW OUTFIT!!** You've worked hard, you deserve it.

Choose today to let the past pass away. Close and lock the door of the fat prison forever. Your ultimate goal is to have one size of clothes – **THE SIZE THAT FITS THE TRUE YOU!**

**WHAT DOES A BUTTERFLY  
NEED WITH A COCOON?  
FLY FREE!!**

**OPTIONAL SCRIPTURE READING:**

**EPHESIANS 4:20-24**

*“You, however, did not come know Christ that way. Surely you heard of Him and were taught in Him in accordance with the truth that is in Jesus. You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness.” (New International Bible)*

**ECCLESIASTES 3:1, 6**

*“There is a time for everything, and a season for every activity under heaven: ... a time to search and a time to give up, a time to keep and a time to throw away.” (New International Bible)*

**PERSONAL EVALUATION**

1. How many different sizes of clothing do you currently have in your closet?

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2. When you look at those larger sizes, what memories and feelings do you have?

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3. How does giving away clothes to those less fortunate than yourself make you feel?

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4. Go through your closet this week using the following guide:

- a. If you have not worn the garment for more than two years it should be given away.
- b. If you will not wear it within a year from now it should be given away.
- c. If you feel great in it but it does not fit as it should, take it to someone who can alter it.

***THIS CONCLUDES WEEK NINE – LESSON FIVE***

## NOTICING THE TRUE YOU

“The natural beauty of the TRUE ME enhances each area of my life!”

Have you ever sat and admired the beauty of a flower? Have you stared with wonder at a green hillside or spectacular sunset? Close your eyes for a moment and picture your favorite scene from nature. Can you imagine a beautiful butterfly flying across your landscape?

A lovely, colorful, winged creature, the butterfly. It adds animation, color and wonder wherever it is seen. Some are clothed in soft pastels, others in dramatic splendor. As it glides from flower to flower, the butterfly quietly goes about its business, hoping to remain unnoticed. It does not seek attention, but its beauty and grace command notice from all who are aware of its presence.

Have you experienced times of “being noticed” lately and found that you feel somewhat uncomfortable about it? Your progress in your journey to the TRUE YOU has produced a change which is being noticed by others.

It is a natural wonder to witness a dull, hairy caterpillar be transformed into a magnificent Monarch butterfly. Even the wisest of scholars are confounded and amazed by this process. In that same way, your transformation to the TRUE YOU causes others to experience wonder and amazement. The amount of weight you lose is secondary – your real transformation is taking place on the inside as you journey on the road to lasting change and the TRUE YOU. YOU ARE BECOMING THE PERSON YOU WERE CREATED TO BE!

**EXHIBIT GOD’S WONDROUS WORKS!  
ENHANCE HIS AWESOME CREATION!  
THAT IS WHAT YOU WERE CREATED TO DO!**

### OPTIONAL SCRIPTURE READING:

#### PHILIPPIANS 4:4-7

*“Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” (New International Bible)*

#### PSALM 71:7-8

*“My success – at which so many stand amazed – is because You are my mighty protector. All day long I’ll praise and honor You, O God, for all that You have done for me.” (The Living Bible)*

**PERSONAL EVALUATION**

1. Have you had a recent experience when you were noticed or admired? Explain what happened and how you felt.

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2. List some positive emotions you have when people admire or recognize you. How do these emotions help motivate you?

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3. List some negative emotions you have when people admire or recognize you. Do these emotions cause you to wonder if it is all worth it? How can your Agreement of Resolution help you endure these times of doubt?

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***THIS CONCLUDES WEEK NINE – LESSON SIX***

## **ACCEPT THE PROCESS OF BECOMING...**

Are you beginning to see the butterfly in the mirror? You are emerging further each day from your caterpillar life!! You will face many times in your TRANSFORMATION process where you will feel the pain of something which must “die” so that the TRUE YOU will live. YOU WILL MAKE IT THIS TIME!! Your lasting TRANSFORMATION to butterfly life is possible and you will succeed because you now have the keys to continue the process and open the doors to LIFETIME FREEDOM from overeating! ALL of the guidelines and KEY PRINCIPLES of this program are vital to the PROCESS. Your journey to the TRUE YOU must be supported by discipline and daily adherence to each of the program guidelines. You have traveled so far! Stay on the road. Do not allow yourself to fall into the trap of apathy. ACCEPT NOTHING LESS FOR YOURSELF THAN THE PERSON YOU WERE CREATED TO BE, THE TRUE YOU! EXPERIENCE THE JOY AND FREEDOM LASTING TRANSFORMATION AFFORDS!!!

**YOU DESERVE IT!!!!**

It’s true, strict adherence to the program guidelines is sometimes very painful and difficult. But think, in the process you are shedding your old, negative eating behaviors and exchanging them for the FREEDOM OF CHOICE!! Rather than plod through life on the many, tiny legs of a slow-moving caterpillar, YOU CAN FLY ON THE WINGS OF A BUTTERFLY!!

**WHO NEEDS TINY LEGS  
WHEN YOU HAVE WINGS!!  
ACCEPT THE PROCESS!!  
BE TRANSFORMED!!!!**

Are you listening to the verbal affirmation tape each day? It can really help you accept the TRANSFORMATION process you are experiencing on the road to the TRUE YOU!!

### **OPTIONAL SCRIPTURE READING:**

#### **II CORINTHIANS 5:12-15**

*“We are not again commending ourselves to you but are giving you an occasion to be proud of us, that you may have an answer for those who take pride in appearance and not in heart. For if we are beside ourselves, it is for God; if we are of sound mind, it is for you. For the love of Christ controls us, having concluded this, that one died for all, therefore all died; and He died for all, that they who live should no longer live for themselves, but for Him who died and rose again on their behalf.” (New American Standard Bible)*

**WEEK NINE – Lesson 7**

**PSALM 23**

*“The Lord is my shepherd, I shall not want.  
He makes me lie down in green pastures;  
He leads me beside quiet waters.  
He restores my soul;  
He guides me in the paths of righteousness  
For His name’s sake.*

*Even though I walk through  
the valley of the shadow of death,  
I fear no evil; for Thou art with me;*

*Thy rod and Thy staff, they comfort me,  
Thou dost prepare a table before me  
in the presence of my enemies;  
Thou hast anointed my head with oil;  
My cup overflows.*

*Surely goodness and lovingkindness  
will follow me all the days of my life,  
And I will dwell in the house of the Lord forever.*

*(New American Standard Bible)*

***THIS CONCLUDES WEEK NINE – LESSON SEVEN***