

Healthy and Happy

Making Choices That Last

In our experience, those who successfully maintain a healthy weight over the long term consistently make choices that balance both their health and their happiness. The focus of this activity is to define what *Healthy and Happy* means and provide tools for real life application. *Healthy and Happy* is a way of living in which your daily choices support both your physical well-being and your emotional fulfillment. It's the balance point where you care for your body, honor your values, and enjoy the process. That balance is a moving target, and it requires regular reflection and the willingness to adapt.

Most people would agree that being healthy and happy is the endgame, but in the pursuit of weight loss, success is often reduced to a number on the scale. This narrow definition can lead to imbalance—often from chasing extreme “health” through over-restriction and over-exercising.

When health and happiness fall out of alignment, motivation begins to erode. Leaning too far into "health" can create mental exhaustion and rigidity, while leaning too far into "happiness" can result in drift and disconnection from your goals. In both cases, your behaviors no longer support what you truly want and that's when the downward spiral begins. The opposite is also true: when your choices honor both health and happiness, you generate energy, clarity, and confidence, feeding an upward spiral of motivation that is sustainable and empowering. Moving forward, use *Healthy and Happy* as a personal guardrail for your decision-making. The goal isn't for every choice to strike a perfect balance. Instead, focus on the overall direction of your choices. When your daily actions consistently support both your health and your happiness, you know you're on the right path.



Make it Yours

We live in a world full of loud, often conflicting opinions about what it means to be "healthy" and what it means to be "happy." Media influencers, advertisements, and even well-meaning friends offer advice that can make it difficult to know what's right for you. Some messages promote restrictive dieting and intense exercise as the gold standard for health. Others celebrate indulgence and self-gratification as the key to happiness. The truth is, neither extreme lead to lasting success.

That's why, to truly benefit from the *Healthy and Happy* mindset, you must define these terms for yourself. Without a personal definition, you'll constantly be measuring your choices against someone else's standard. Your definitions should be realistic, but beware of setting the bar too low. Many people underestimate what's possible because they've never experienced what it truly feels like to be healthy and happy at the same time. At One on One, we've seen thousands of individuals transform their lives by raising their standards and committing to a balanced approach.

In the space below, write your personal definitions of health and happiness.

- What does being healthy mean to you? Consider your physical, mental and emotional health.
- What does true happiness feel like to you? What brings you lasting serenity and joy?



REFRAMING THE DEPRIVATION MINDSET

Shifting from Deprivation to Gratitude

The focus of this activity is to define the “deprivation mindset” and understand how it can keep us from achieving our weight loss goals.

People often start a weight loss program thinking they must deprive themselves of the foods they enjoy. Likewise, many people dread the idea of exercising regularly. To be successful, these negative mindsets must be switched to ones of positivity and gratitude. Do the following thoughts ever occur to you?

“I should lose weight, but I don’t want to give up my favorite foods”

“Once I start, I don’t want to stop”

“I want to lose weight, but I don’t want to be the only one missing out on all the fun”

Sound familiar? We regularly receive this feedback, and it is these **thoughts themselves** that are problematic. We define this kind of thinking as a deprivation mindset. In our experience, those who remain stuck in this mindset rarely achieve long term success with weight loss.

Fortunately, there is a solution, and it’s as simple as reframing your choices to focus on what you’re gaining as opposed to what you’re giving up. Those most successful with long term weight loss can mentally “flip this switch,” and ultimately overcome their greatest challenges with food, physical activity and discipline.

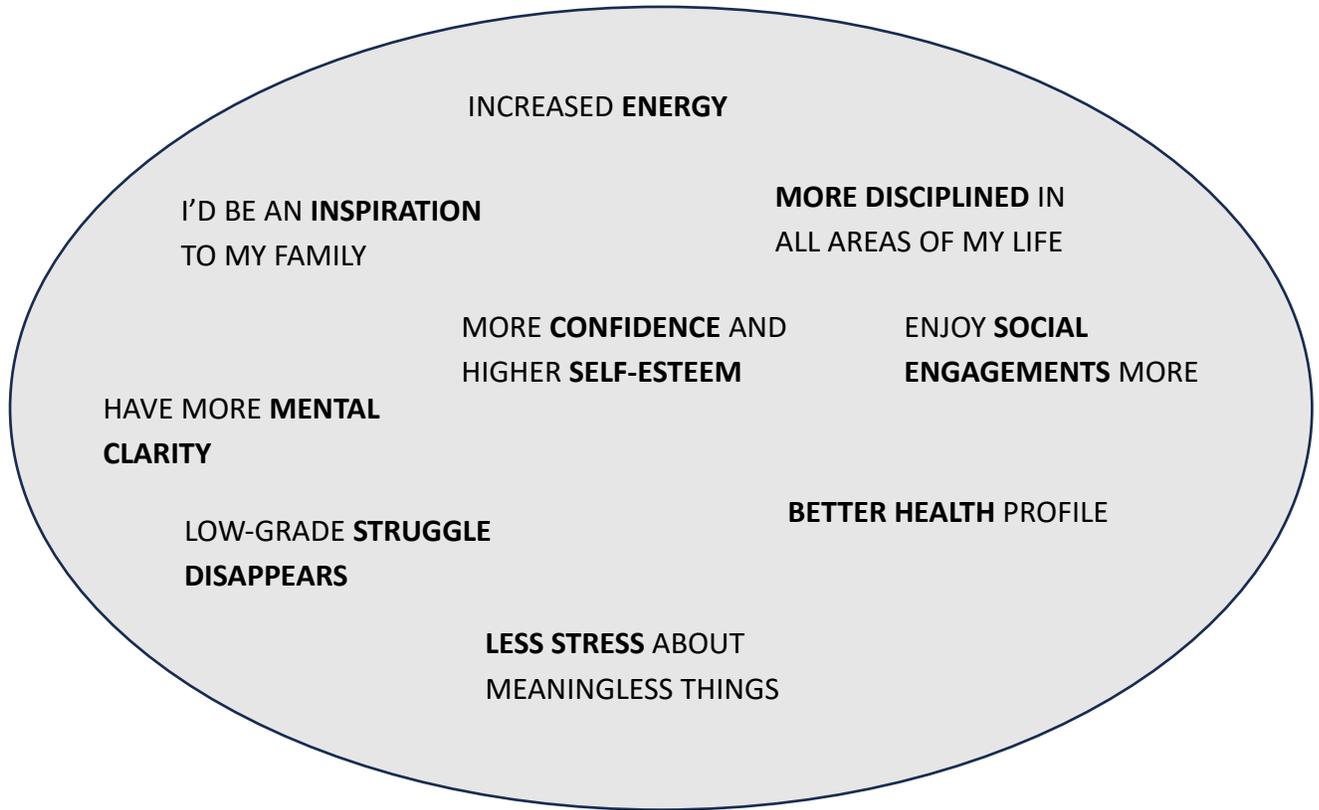
To be clear, we are not suggesting you need to give up anything. That is for you to decide for yourself. For some, abstinence is the best strategy because the temptation of over-indulging in high calorie foods feels too great. Others can moderate their intake of “treats” to stay within their calorie goals. Both individuals described can and do lose weight. The key for both is to see their choice of abstinence or moderation positively, rather than as a sacrifice.

Your Reflection

Think back to your reflection from Week One: How would you feel if you ate well and exercised 6 days per week for an entire year?

Here are some common answers we receive to this question:





Now reflect on the following questions and write your response below:

How do long-term benefits like these compare to the short-term enjoyment of eating your favorite food today? Is the short-term benefit even close?

What specific situations tend to trigger feelings of deprivation for you? How can you reframe them in the moment?

Visualizing the impact of your choices

Think of a moment of over-indulgence. It could be a specific food, disregarding your portion size or both! Think of what it feels like, physically and emotionally, when you over-indulge.

Consider all of the outcomes, both positive and negative, of saying “yes” to your over-indulgence. How do those outcomes impact your future choices? Detail your thoughts using the “CHOOSING TO OVER-INDULGE” column in the ledger below.

Next, repeat that exercise but imagine that you said “no” to your over-indulgence. Consider the outcomes, both positive and negative, of saying “no” to your indulgence. Think of what it feels like, physically and emotionally, and how it affects your future choices.

Detail your thoughts using the “CHOOSING TO **NOT** OVER-INDULGE” column in the ledger below.

After completing both sides of the ledger, reflect on your responses. How does the left side of the ledger compare to the right?



| CHOOSING TO OVER-INDULGE | CHOOSING TO NOT OVER-INDULGE |
|--------------------------|-------------------------------------|
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