



Betterness: (bet-ēr-nes) n. an accumulation of small, positive changes that achieves major life improvement.

Dr. Russ L'HommeDieu, DPT *Doctor of Physical Therapy, Betterness Coach*

How to Use Your Betterness® Weight Loss Solution PROGRESS Planning™ Worksheet

The Betterness® Progress Planning™ Worksheet is divided into four key focus areas: “Think Better,” “Eat Better,” “Move Better” and “Live Better.” As we progress through our coaching sessions, I will help you organize the process by placing each goal into a focus area. Within each focus area, there is a place for notes as well as goal grid which looks like this:

	R	C	M	T	W	T	F	S	S
Purpose Statement:									

These goal sheets have been designed to take advantage of the Betterness® PROGRESS™ method for setting goals. Begin by memorizing the key aspects of the Betterness System. I find it helpful to use the following mnemonic, PROGRESS: P=Purpose, R=Readiness, O=Objective, G=Gradual, R=Realistic, E=Exact, S=Scheduled and, finally, S=Sustainable.

Purpose: Each goal on the sheet has a purpose statement. I have found that in order to achieve an important goal, it needs to be . . . well, important. More specifically, it needs to be important to YOU. The statement of purpose helps you keep focused on your goal by linking a specific action to its significant purpose – both within your life and your vision.

Readiness: In this system, readiness and confidence go hand-in-hand. The **R** box asks you to consider: “On a scale of 1-10, how ready am I to make this change?” If your answer is less than eight, ask yourself, “How can I change the way this goal is phrased to raise my readiness to an eight or better?” The **C** box gauges your response to: “On a scale of 1-10, how confident am I that I am going to make this change as it is written?” Again, if your answer is less than eight, ask yourself, “How can I change the way this goal is phrased to raise my confidence to an eight or better?”

The initial line is left blank, which you will fill in with your goal. When writing goals, always ask if the goal is:

Objective: Objective goals are true goals. Within the context of the PROGRESS system of setting goals, objectivity is defined as taking into account all available information, adhering strictly to truth and avoiding any form of prejudice, bias, or wishful thinking. An objective goal is based on good, solid facts. Making a goal to buy the next, newest miracle diet pill off the Internet is clearly not as valuable as making a goal to avoid your regular after-work feeding frenzy! Objectivity within the context of this system also emphasizes that you look at what has worked for you in the past and capitalize on your previous success to create future success. Testing your goals for objectivity ensures that you will achieve the maximum benefit from the goals on which you focus.

Gradual: Goals must be reasonable; you should reasonably expect to complete what you indicate on your goal sheet. Consider the value of keeping your goals small. You want goals that are gradual enough for you to achieve. It is often helpful to take really big problems and break them down into small chunks.

Realistic: Ask yourself, “Can I really do this?” Your goals should be within your physical, mental, spiritual and financial means.

Exact: How exact is your goal? Consider: “Does this goal really achieve what I want? Does this goal have a clear and precise definition? Will I know when I achieve or exceed this goal?”

Sustainable: It is important to test how sustainable your goal is by contemplating questions like, “Could I see myself doing this for the next 30 days?” and “Could this become a life-long habit for me?”

Schedule: Is your goal procrastination-proof? It is often a good idea to include a start time or date. Be sure to ask, “Does this goal have a deadline for completion / re-evaluation?”

The Betterness® Institute Inc.

Hamptons / North Fork: 631.727.9212 ☎ Nationwide: 888.436.2787 (888.4DocRuss) 📍 Manhattan: 212.365.4438

ocruss@betternessinstitute.org

POBox 1814 Riverhead, NY 11901-1814

<http://www.betternessinstitute.org>



Betterness: (bet-ēr-nes) n. an accumulation of small, positive changes that achieves major life improvement.

Dr. Russ L'HommeDieu, DPT Doctor of Physical Therapy, Betterness Coach

The additional seven boxes have been marked for each day of the week and are designed to be a tool to track your progress toward achieving your goal. These charts act as a tangible record of your progress and help you to gauge whether you have met your goals. Simply place a check in the box for each day you complete your goal.

This sheet has been designed as a "quick start" guide to the PROGRESS goal setting process. An expanded discussion of how to properly write PROGRESS Plans™ is available on the WLS Lifestyles website.

You will also be asked to contemplate the issues that are listed below, with a more broad view toward Betterness.

Long Range Vision

This is where ultimate goals, aspirations, visions and revisions to your self-definition will be explored.

Resources

This section will help us to remember helpful books, websites, tools, tricks, tips and products that you and I feel will help you.

Provocative Questions

These are questions that you or I might ask that will provoke new action or exploration.

Positive Reflections

This space is reserved to celebrate all the things that are currently working, things that make you feel alive, things that are going well, and things you are proud of.

We will use what we write here as well springs of positive energy, in addition to building blocks for future success.

Notes

This is a place for stuff that defies description.



Betterness: (bet-er-nes) n. an accumulation of small, positive changes that achieves major life improvement.

Dr. Russ L'HommeDieu, DPT Doctor of Physical Therapy, Betterness Coach

Date:

Name:

Email

Weight:

Think Better

Form with Purpose Statement and calendar grid for Think Better section.

Eat Better

Form with Purpose Statement and calendar grid for Eat Better section.

Move Better

Form with Purpose Statement and calendar grid for Move Better section.

[Insert your Affirmative Focus Statement (4) HERE] Better

Form with Purpose Statement and calendar grid for Affirmative Focus Statement section.



Betterness: (bet-ēr-nes) n. an accumulation of small, positive changes that achieves major life improvement.

Dr. Russ L'HommeDieu, DPT Doctor of Physical Therapy, Betterness Coach

Long Range Vision

Resources

Provocative Questions

Positive Reflections

Notes

The Betterness® Institute Inc.

Hamptons / North Fork: 631.727.9212 ☼ Nationwide: 888.436.2787 (888.4DocRuss) 📞 Manhattan: 212.365.4438

locruss@betternessinstitute.org 235 Osborne Ave. Riverhead, NY 11901 & 521 Fifth Ave. NY, NY 10175 <http://www.betternessinstitute.org>