



longing

reasons (why this longing?)

challenges

emotions (how would fulfilling this longing feel?)

advocates/allies/resources



longing

possible actions for tomorrow

possible actions for this month

possible actions for this week

possible actions for this year

- Staying alive! Grandchild on the way.
- Good role model to my family
- Don't want to age like my mother, to let myself go
- Always nagging John—I should practice what I preach
- I admire women who stay in shape, want to be one myself
- More energy/stamina

reasons (why this longing?)

challenges

- Addiction to avoidance is the big one. I keep saying I'm going to do this. Avoiding scale, avoiding mirror, avoiding the doctor
- Maybe addiction to perfection? Am I really afraid I'll never have the body I want?
- Addiction to sugar for sure.
- Finances—gyms and health food plans cost money
- Making time

longing

For a healthy and strong body

- Pride. It would feel so good to feel pride about my body rather than shame. That's the big one.
- I think I'd feel more in control of myself.
- Strength. I'd feel strong, not just physically but emotionally.
- Self-love and confidence. sorely lacking. Desperately needed.

emotions (how would fulfilling this longing feel?)

advocates/allies/resources

- Miguel and Lou
- Kaiser—programs?
- Youtube-videos
- Weight Watchers or other programs
- Gym
- Andee for inspiration, maybe a gym buddy?
- Fitness apps?
- Therapist—discuss with her

- Research Weight Watchers plan just to get a realistic view of what it costs
- Call Andee, see if she's interested in being accountability buddy
- Research Kaiser—any discounts they offer? Classes?

- Purge kitchen cabinets. Out with the junk!
- Farmer's market on Sunday
- Download a fitness app (need to research—or call Lou)
- Used Fitbit? Check on Facebook marketplace
- Buy fancy lotion and bath stuff. Nurture my body at night—new routine?

longing

For a healthy and strong body

possible actions for tomorrow

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possible actions for this year

- Keep a gratitude journal, but more like gratitude for myself—positive affirmations. Need to interrupt negative talk.
- Broach body issues with therapist—confess shame. No more avoidance.
- Make a doctor's appointment
- Write a letter to unborn granddaughter committing to my health, telling her my desires to see her grow up (how I missed my own grandmother)

- Keep a daily log to track progress. **DON'T FOCUS ON WEIGHT.** Focus on doing one healthy thing for my body every day.
- Take money I'd normally spend on dessert and bank it (\$5 per day?). At end of year, treat myself to something—spa weekend? Exercise equipment?

- I've always wanted to belong. College years were the best! I want to recapture some of that.
- I have a lot to give. Feeling like I've lost some of my outgoing nature. Want to get that back.
- Fun. Not having much these days. Mild depression—might lift if I was more active.
- Losing self-esteem.
- Resenting husband—not his fault entirely

reasons (why this longing?)

challenges

- My addiction to safety—easier to just stay home and not put myself out there
- My fear of not being liked
- Inertia, laziness
- Netflix
- Too tired most nights to do anything
- Husband would be threatened, maybe
- Money?

longing

Feeling like I belong to a community

- Relief comes to mind first. Not sure why. Like a deep sigh of relief. Like I've come home.
- Self-worth, like I am a person who has something to contribute. That feels like satisfaction as well.
- Caring. I want to be cared for and also care for others.

emotions (how would fulfilling this longing feel?)

advocates/allies/resources

- Karen and her connections to the Art Club.
- The Unitarian Church? Seems active.
- The Friday newspaper listings
- Meet Up app
- My brother could be
- Jill, since she's always creating community everywhere
- Community Center
- Volunteer opps—Meals on Wheels? Habitat?

- Download Meet-up app
- Talk to husband—need his support
- Stop by Coffee Hut on way to work—check out bulletin board

- Check out Friday paper and do one activity over the weekend
- Call Karen and let her know I want to be more involved—help? Take her to dinner?
- Wednesday evening—no TV. Go to office and research volunteer opps in town

longing

Feeling like I belong to a community

possible actions for tomorrow

possible actions for this week

possible actions for this month

possible actions for this year

- Join one club—book club? Ask co-workers if they know of any.
- Go to Unitarian Church at least twice (with Michael? See if he's interested)
- Find quotes on risk-taking (make vision board)

- Put away money each month for a couple's cruise (enlist hubby's support)
- Set goal to be out of house one night a week and one day over the weekend. Keep calendar to track goal.
- Expand friend circle by at least four people I could call up for coffee