



Lose Weight – A First-Things-First Quiz

Test your readiness to lose weight and keep it off with this quick quiz.

First, review your weight-loss goal. (Write it down if you haven't done so already.) Now, consider these two questions. Place a checkmark next to each statement that applies.

First Things First: An "Aha" Moment

Health professionals and researchers are beginning to recognize the crucial role that AHA!s play in weight loss success.

Jeanette Keith, a Buffalo, N.Y.-based gastroenterologist, sees the importance. In a 2011 interview with *The Buffalo News*, Dr. Keith said, "Every individual who I've talked to has had a different 'aha moment.' But what is similar is the inner motivation that allows them to stick with their program." Karen Jaffe, a Ph.D. sociologist, studied successful dieters for her dissertation and said in a 2013 *ConsumerReports.com* article, "The dieting attempts that came after an 'aha' moment were their most successful: they lost the most weight and kept it off the longest."

If you checked *all* of the items under question 1, congratulations! You've already had a powerful realization and are well positioned to lose weight and keep it off. Feel free to skip the next paragraph and consider quiz question 2.

If you weren't able to check all of the question 1 items, you could use a pivotal AHA!. Don't worry. You can prime yourself for one. It's fairly easy once you get the hang of it. Be alert to seeing yourself clearly and noticing how you see the world. Be curious about what you discover and reflect on what you find. Then, relax while you wait for an insight. An AHA! can help you achieve even the most elusive goals.

1. Have I had my weight-loss "aha" moment?

- In a flash of clarity I saw the reality of my situation.
- The AHA! gave me the focus, commitment, and determination that I needed to lose weight.
- My new way of seeing things is so clear and obvious to me that it's hard to believe that I ever saw things differently.

2. Have I taken care of the weight-loss fundamentals?

- I have educated myself about the options for losing weight.
- I have considered my personality and lifestyle to select the tactics that will work best for me.
- I am clear about my weight loss goal and have put together a step-by-step plan to achieve it.

The Weight-Loss Fundamentals

If you checked *all* the items under question 2, you are well positioned to leverage the focus and motivation of your weight loss "aha" moment. If you weren't able to check them all, take a close look at the ones you have left unchecked. These items could get in your way as you take steps to lose weight. What will you do to address these items?



Quiz creator Donna Hartney, Ph.D., is a performance consultant who works with global leaders and professionals at Fortune 500 companies to help them develop and implement strategies that bring out the best in people. Her new book, *The AHA! Handbook: How to spark the insights that will transform your life and career*, is the first research-based self-help book that teaches readers how to spark pivotal realizations. Learn more at www.DonnaHartney.com.

