This program is designed to be presented at a chapter meeting to address the attitudes and behaviors that keep us from living our fullest lives and to highlight the fact that weight loss and fitness are as much about our minds as about our bodies.

Inspired by Missouri Coordinator Randall Paul

**Presenter Guidelines**

**Materials Needed—**
- Notecards and pencils or pens for members
- Art supplies: 8 1/2" x 11" sheets of construction paper, scrapbook paper, or printer paper, cut in half, lengthwise, and markers
- Poster board and tape
- “Bumper Stickers on the Road to Success” handout (print out ahead of time from the Leaders Corner of TOPS’ website [www.tops.org]. Click “Chapter Programs” inside blue box at left.
- Bumper sticker visual aids (also print from TOPS’ website). Fold in half. Pass them out.

Throughout the program, you will ask members to share experiences and ideas about whether and how they choose to believe in themselves and their dreams.

After greeting the members, begin.

How many “American Idol” fans do you have here today? Through “American Idol” and other TV shows like it, we get to follow the journeys of ordinary people—some of whom have overcome tremendous obstacles—and watch them as they grow personally and professionally toward their extraordinary dreams. We get to see the moment when their dreams come true.

(Distribute notecards, pens/pencils, and bumper sticker handout.)

Think about your dreams and goals for the future. One could be reaching a certain weight or clothing size, running a 5K race by next summer, starting your own business, or taking a dream vacation. Whatever your dream, it’s important to commit to it in writing. So what is your dream and how do you think you will feel when you reach it? Please take the next two minutes and jot down your answer or answers on a notecard. These cards are for your
use only, so don’t hesitate to write what you want.

(Give members a couple of minutes to write their answers.)

Life is a journey, not a destination.

Enjoy your journey! You are only given one life! Having a dream or destination in mind gives you purpose and keeps you from wandering aimlessly, but the journey is just as important. You see, “destination” can imply that life is predetermined and not something we can control. “Journey,” on the other hand, suggests travel or passage from one place to another, from where we are today to where we hope to end up. Through our journey, we control many things and enjoy many things—if we are paying attention.

Here are some bumper stickers we may see as we journey along our road to success. They will help make the trip a good one.

(Member holds up this bumper sticker and reads it aloud.)

Dare to be great!

When you woke up this morning, you had the choice to do one of two things. You could choose to be great—or not. What did you choose?

(Presenter continues:

Let’s share about the choices we made today...

(Member holds up this bumper sticker and reads it aloud.)

A BEND IN THE ROAD isn’t the end of the road unless you fail to make the turn!

Famous singer Bono once said, “My heroes are the ones who survived doing it wrong, who made mistakes and recovered from them.” No matter who you are or what you do, if you have the courage to begin, you have the courage to succeed. You can turn things around the moment you decide to be successful.

(Presenter continues:

Let’s share a time when we slipped up. Were you able to recover? If so, how?

(Member holds up this bumper sticker and reads it aloud.)

Everything changes when You change.

Have you ever noticed that your mood affects how you perceive your surroundings? Why is it that the worst drivers are out only when you are the most tired at the end of the day and on your way home from work? The mind is powerful, and you are in control of it. Just remember what our TOPS founder, Esther Manz, taught you: “You are an intelligent person!”

(Presenter continues:

What one attitude could you change to make your dream come closer to reality?

(Member holds up this bumper sticker and reads it aloud.)

Try approving of yourself, and see what happens!

We can be our own worst critic! At some point in your life, you have to say, “I approve of who I am. I am a good person; I love me; and I have a HUGE amount to offer the world!” Once you APPROVE of you, it becomes easier to BELIEVE! The difference will be amazing!

(Presenter continues:

What lies or negative messages are you telling yourself that are keeping you from reaching your full potential?
Everyone who got where he is had to begin where he was.

No matter where you are in life, you have to find the courage to start living and moving forward to make the necessary changes to become healthier.

(Presenter continues):
We may be at different stages in our lives, but we all have a lot to live for if we are paying attention to where we are right now.

First, I was dying to finish high school and start college.
Next, I was dying to finish college and start working.
Then, I was dying to marry and have children.
Then, I was dying for my children to grow old enough for school so I could return to work.
Then, I was dying to retire.
Now, I am dying...and suddenly I realize I forgot to live.

—Author unknown

Focus on where you want to go, not on what you fear.

Do you catch yourself feeling envious of others? Are you afraid they are experiencing wealth or success that you are not? Open your eyes to the beautiful life in front of you and see others as inspiration instead of competition.

(Presenter continues):
Do you feel envy and fear? Great! Then you are right on track! Envy says I cannot have what I want because I’m not capable, or smart enough, or born into the right circumstances. Discouragement says I cannot have what I want because all the opportunities are being snatched up, and I am rapidly falling behind.
What fears are holding you back?
Are you more focused on what other people are doing, or are you concentrating on making changes in your own life?

Insanity is doing the same thing and expecting different results.

Anyone can be a KOPS! Those who made it were scared at first, but they chose a new lifestyle anyway. They didn’t know if it would work, but they took that chance and let persistence and enthusiasm carry them through.

(Presenter continues):
Let’s have some KOPS members share their successes with the group.
Look at how far you’ve come, not how far you have to go.

Though no one can go back and make a brand-new start, anyone can start from now and make a brand-new ending! It is up to you to create what you are.

(Presenter continues:)

Are you focused on mistakes you’ve made in the past, or on how you are going to make better choices tomorrow?

(Member holds up this bumper sticker and reads it aloud.)

Go the extra mile!

The one individual who’s willing to put forth the extra effort, the one willing to walk that extra mile and exercise that extra 15 minutes, that’s who makes the most of the journey!

(Presenter concludes:)

We need to get bold. We need to get together. We need to get moving. And we need to do it now. Join me and let’s go. Together we can climb mountains!

Life is in our hands to do with as we will. Together with our TOPS and KOPS friends, we are strong enough to move mountains! But remember: The journey—or how we get over the mountain—is just as important as making it to our destination on the other side.

Optional activity:

If desired, the chapter can use the paper and markers to create their own bumper stickers.

After 10 to 15 minutes working on the bumper stickers, ask members to share a slogan that they find most meaningful or motivational for their own wellness journey.

After sharing, each member can add his or her bumper sticker to the poster board using tape. At the end of the meeting, hang your poster prominently in the meeting place. If your chapter doesn’t have a place to hang the poster, have the members take their bumper stickers home to use as a motivational reminder.