

# WN4DC Mini-counseling course

Affirming Enjoyable Movement



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## About This Course

This webinar will review how to affirm enjoyable movement.

Please download the handout for this webinar.



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## Learning Objectives

- State two benefits of focusing on enjoyable movement diabetes care
- Craft 2 of the 7 affirmations of behaviors and abilities in clients who are learning about enjoyable movement.



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### Crafting Affirmations

Affirming enjoyable movement for health, well-being, and blood sugar control instead of weight loss.

- Desire to move the body for health and enjoyment.
- Ability to explore and find enjoyable movement options.
- Ability to identify steps toward adding enjoyable movement.



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### Crafting Affirmations

- Willingness to commit to moving the body in enjoyable ways.
- Being able to engage in enjoyable movement.
- The effort to engage in enjoyable movement in consistent and sustainable ways.
- Insight after engaging in enjoyable movement.



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### Practicing Affirmations

- Desire to move the body for health and enjoyment. *"It is lovely to hear your desire [to move your body in enjoyable ways]."*
- Ability to explore and find enjoyable movement options. *"You are explore the idea fully. Nice job."*
- Ability to identify steps toward adding enjoyable movement. *"Congratulations seeing a path [to enjoyable movement]."*



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### Crafting Affirmations

- Willingness to commit to moving the body in enjoyable ways. *"Your commitment [to enjoyable movement] is lovely."*
- Being able to engage in enjoyable movement. *"Let's acknowledge your effort!"*
- The effort to engage in enjoyable movement in consistent and sustainable ways. *"Well done at creating a sustainable plan."*
- Insight after engaging in enjoyable movement. *"Nice! You are able to navigate any obstacles."*



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### Pause and Reflect



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### Learning Objectives

- State two benefits of focusing on benefits of enjoyable movement in diabetes care
- Craft 2 of the 7 affirmations of behaviors and abilities in clients who are learning about enjoyable movement.



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**Writing Prompts: Practicing Affirmations**

- Desire to move the body for health and enjoyment.
- Ability to explore and find enjoyable movement options.
- Ability to identify steps toward adding enjoyable movement.



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**Writing Prompts: Practicing Affirmations**

- Willingness to commit to moving the body in enjoyable ways.
- Being able to engage in enjoyable movement.
- The effort to engage in enjoyable movement in consistent and sustainable ways.
- Insight after engaging in enjoyable movement.



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