**THE ABCs OF HABIT CHANGE**

Do you want to change your diet, exercise more, drink less alcohol, or make some other change? If so, you are trying to make a new habit. The steps below can help!

### 1. CHOOSE YOUR BATTLES
If you have more than one habit to change, start with the most important, or easiest first.

### 2. MAKE A CLEAR GOAL

*GOOD*: Walking, swimming, going to the gym regularly, eating less fatty food, lowering cholesterol, talking with friends more often...

*NOT AS GOOD*: Get into shape, change my diet, be more social, be healthier...

### 3. BREAK YOUR GOAL INTO SMALLER PARTS

**GOAL**: Walking/swimming/going to the gym regularly

1. Buy walking shoes
2. Walk for 10 minutes 3 times per week
3. Increase walking time as able

### 4. MAKE SURE EACH PART IS DOABLE

**GOOD**:

- Walk for 10 minutes 3 days per week
- Count calories (count calories as needed)
- Get back in touch with one friend

**NOT AS GOOD**:

- Walk for 1 hour every day
- Never eat junk food again
- Re-connect with all my friends this week

### 5. SET A DATE FOR ACHIEVING EACH PART

- I’ll buy my walking shoes by Tuesday
- I’ll call my friend by this weekend
- I’ll buy different, healthier food on tomorrow’s grocery trip

### 6. MAKE IT FUN! PICK A FUN WAY TO MAKE THE CHANGE AND THEN REWARD YOURSELF WHEN YOU DO IT.

### 7. HAVE A RELAPSE PLAN

- Don’t panic! Problems/slips happen and you can get back on track
- Change your goal if necessary (Is it unrealistic? Not fun? Unclear?)
- Remind yourself why you want to change
- Ask friends/family to help you in some way