



THE **ABC**s 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

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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