Making a Lasting Behavior Change

Where to Start



Know your Stage of Change

There are 5 stages of change which are each important in the commitment to making a lasting behavior change. Being aware of each stage and understanding which one you fall into, at any point in time, is going to help to ultimately change your behavior.





contemplation

- You recognize there is a problem
- You want to take action
- No plan or commitment yet
- -You may be thinking,
- "Maybe I could start acting differently."

<u>precontemplation</u>

no intention to change
lacks understanding outcomes
of problematic behavior
may think, "I don't see an issue
with what I am doing."

preparation

-You have a plan to take action
- You have set a goal
-You may be thinking "I am committed to making this change."

maintenance

- You have successfully taken action to change the problematic behavior for some time now
 - This phase can last months to years
 - You may be thinking "I am confident I can continue doing what I have been doing."

action

- You are implementing the change daily
- This stage needs to be maintained to make a lasting change
- You may be thinking "If I continue to act this way it will become habit."



Set a Goal

When making a behavior change, start with one goal at a time. This goal should be something you feel that you can achieve. Chose a behavior that is fully within your control to change.



Find your "WHY" and Commit to Changing

Identify your motivation for making a change. If the reason for making a change is not important to you it will be more difficult for you to continue the change behavior. Chose a motivation that you can connect with personally, and be honest about it!



Give it Time

Making a lasting change takes time and there may be bumps along the way. Remember that even if you get off track you have set the foundation for change and can always make progress again!

