

# Making a Lasting Behavior Change

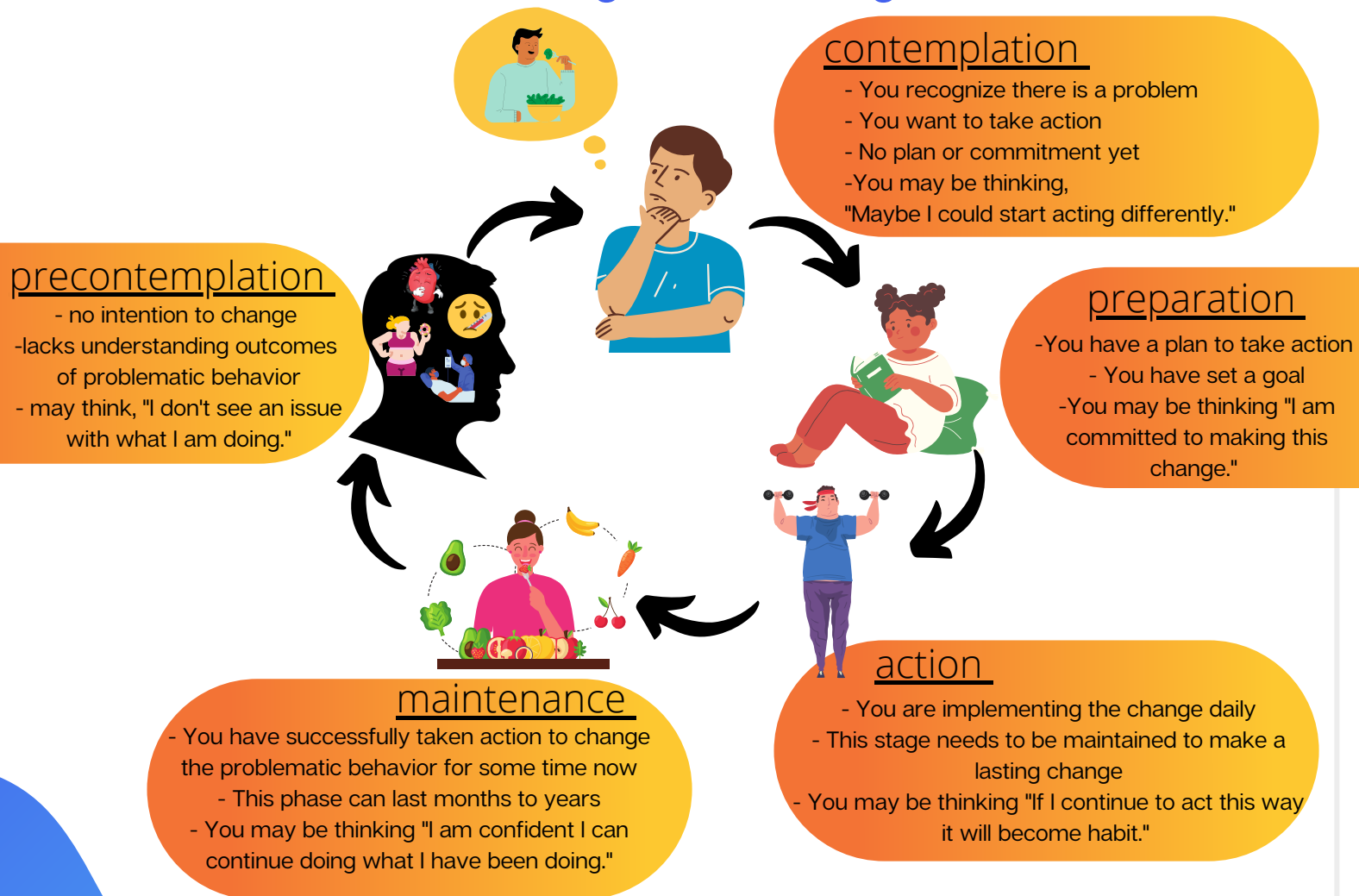
## Where to Start



## 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.

## The Stages of Change



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## 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.

3

## 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!

4

## 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!

