WHY DO YOU WANT TO CHANGE?

Start by figuring out your personal reasons for wanting to change.

Here are some interesting truths about reasons for change:

• The clearer you are in your mind about your reasons for changing, the easier it will be to change.
• The more personal your reasons, the easier it will be to change.
• The more you want to change for yourself, the easier it will be to change.
• The more you want to change because someone else wants you to, the harder it will be to continue with the change.

Keep a record of your personal reasons to change below.

1. 

2. 

3. 

4. 

5. 
PERSONAL ADVANTAGES AND DISADVANTAGES

Understanding both the advantages and disadvantages of healthy behaviours will help you maintain change. Our job is to make choices that maximize the advantages and minimize the disadvantages.

Fill in the personal advantages and disadvantages associated with what you are trying to do. Think about why it’s a good idea to change, and why it’s a bad idea.

Advantages
Suggested advantages:
- Help lower my LDL Cholesterol
- Help me lose weight
- Make me feel better and look better
- Give me more energy

Disadvantages
Suggested disadvantages:
- I’ll have to take time to learn about label reading
- I’ll have to pay more for the food that I eat
- I’ll have fewer choices at the grocery store or when I eat out
- It will take the spontaneity out of eating
- I won’t be able to eat my comfort foods when I am stressed
Barriers are roadblocks that make it difficult to achieve your goal. Planning to deal with barriers in advance is important to successful change. Write down some of your barriers to making healthy changes and the ways that you can overcome these barriers.

**Barriers**

**Examples**

- Bad weather for exercising outdoors
- The time to prepare home-cooked, healthy foods
- Under-eating during the day, and being starving in the evening

**How to overcome barriers**

**Examples:**

- Join a gym, so you can still exercise when it is raining
- Prepare a few meals on the weekend, put them in the freezer so they are ready to go during the week
- Eat a few more smaller meals during the day
TEMPTATIONS

Temptations are situations where you find yourself craving the unhealthy option. Planning to deal with temptations in advance is important to successful change.

Write down some of your temptations that may prevent you from achieving healthy changes and the ways that you can overcome these temptations.

<table>
<thead>
<tr>
<th>Temptations</th>
<th>How to overcome barriers</th>
</tr>
</thead>
<tbody>
<tr>
<td>The ice cream in the freezer</td>
<td>Do not store ice cream in the freezer. Satisfy an ice cream craving by going out to buy a cone</td>
</tr>
<tr>
<td>Friends who eat unhealthy foods around you</td>
<td>Instead of eating an entire meal by yourself. Share with friends some unhealthy fries but also order a soup and salad for yourself</td>
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Most behaviour is associated with situations, people and emotions. If we keep records of our behaviour, we can identify patterns that will help us figure out what we need to do to change.

Keep a record of your behaviour. This record serves to focus your attention on your behaviour and provides objective evidence of when, what, where and why you do the behaviour.

Some points to think about:

- Over-eating—are you an emotional eater or do you eat when you are stressed? This is something to note.
- Do you find any excuse to skip the time you’ve set aside for exercise? Take a look at your behaviour pattern over time.
- Are slip-ups always someone else’s problem? Think about who’s responsible.
GOAL SETTING

Set some highly specific and achievable short term and long term goals that will help you meet your objectives. It’s OK to start small and build. It’s easy to want immediate and drastic change, but the fact is the more rapid and dramatic, the more likely it won’t last. Identify goals for today, for the next month, and then for the next six months. It’s not so much reaching the goals as working toward them that is helpful. Remember: It’s not the destination but the journey.

Date (Today’s Date): ____________________________

Goal: _______________________________________

How will I achieve this goal: ___________________

Date (Today’s Date): __________________________

Goal: _______________________________________

How will I achieve this goal: ___________________

Date (Today’s Date): __________________________

Goal: _______________________________________

How will I achieve this goal: ___________________

Date (Today’s Date): __________________________

Goal: _______________________________________

How will I achieve this goal: ___________________
Our behaviour is often shaped by situations we are in. If you are in a pizza shop you are likely to choose pizza; if you are in donut shop you will want donuts. Our society is full of things that elicit unhealthy behaviours regarding eating and activity.

What are your personal triggers? Write down your personal triggers below.

Once you have identified your personalized triggers, what you need to do is avoid them.

**Triggers**

**Examples**
- Eating a donut on the way home from work
- Eating while watching TV

**How to overcome barriers**

**Examples**
- Choose a different route to walk on the way home
- Do not eat while watching TV, if you must snack turn off the TV and sit in the kitchen to eat before returning to the television
Healthy behaviour is hard work. Positive reinforcement can help you until the behaviour becomes second nature.

Write down rewards you’d value for achieving positive results. Choose a behaviour that is doable, and a reward appropriate for success at that behaviour.

Something to think about:

Identify positive things that you would like, such as going to a movie, buying a book or some clothing. Make a deal with yourself that if you walk three times between Monday and Friday you will buy the new CD you’ve been wanting. On the other hand, if you don’t walk three times you don’t buy the CD.