

BEHAVIOR CHANGE QUICK TIPS: set yourself up for success



Behavior change, regardless of the behavior, is a time consuming process that requires intentional and consistent action. It can feel daunting, overwhelming, frustrating, and like you are fighting an uphill battle. With a little organization and planning, the behavior change process can run actually run smoothly from week to week.

Here are my top tips to keep you progressing and help you stay focused on your goals:

- **START SMALL.** It can feel overwhelming to make large changes or multiple changes to your routine at once. Try starting small. For example, if your goal is to exercise 5 days per week and you are currently exercising 1 day, a small first step could be exercising 2 days per week. On a scale of 1 - 10, aim for choosing a goal that feels like a 7 out of 10 in confidence you can achieve it that week.
- **SET WEEKLY GOALS.** Reassess your goals each week. Maybe you weren't successful with your goal. That's okay. Try again for the next week after some problem solving. Maybe you were successful - you can repeat the same goal for consistency or set a new, small goal. Regardless, reassessing and writing down your goals each week helps you stay intentional and engaged.
- **PLAN AHEAD.** What needs to happen for you to be successful? Plan ahead for the week. Let's use the exercise example. This week's goal is exercising 3 days. What days? What time? Do you have to wake up earlier than normal? If so, what time do you have to go to sleep the night before? Do you have to pack a bag with your exercise clothes? Think of these variables in advance.

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- **WEEKLY CHECK-IN.** A little self reflection goes a long way. Take time at the end of each week to problem solve. Did you achieve your goal? If yes, what made you successful? If no, what were your biggest barriers? How can you remove those barriers for next week? Ask a friend/partner to help you problem solve if you're feeling stuck.

FINAL THOUGHTS:

Be patient with yourself as you work through behavior change. You did not create your current habits overnight. It will take just as long (often longer) to create new habits. The pathway will not be linear, and some weeks will feel like you've taken a huge backslide. That's okay. The barriers you experience are your greatest teachers. Weekly check-ins are a key to sustainable change and success. By taking time to reflect on the process, you are tuning in to what works for you to overcome challenges. This helps build your wellness toolbox. Check out my weekly reflection guide for the step-by-step process.

If you have any questions, need additional, support or are interested in working with me one-on-one through the behavior change process, email me at christa@cocumelliwellnesscollective.com.