

Behaviour Change Plan

Goals <i>What is it I want to change?</i>	Benefits <i>Why is this change important to me?</i>	Barriers to changing habits <i>What do I find hard when I try to change things?</i>	Strategies <i>What can I do to address these barriers?</i>	Supports <i>Who can I ask for help if I get stuck?</i>

Tips:

- It's important to remember that most changes take time and if you try a strategy that doesn't work straight away, that's normal. Change takes practice. Just like learning to drive, things we repeat become automatic and changes take time. You wouldn't be able to learn or unlearn how to drive in a day or two!
- Finding a positive habit to replace the habit you want to change is important. The longer you practice your new positive habit the more likely it is to stick.
- Setbacks when making change is not only normal, believe it or not, it's healthy! The process of making mistakes is a key part of how we learn to improve our strategies and make changes more lasting.
- If something doesn't work for you, just be honest with yourself, reset your focus and keep going with your plan.
- Asking for help, or talking to people that have made the same change you are, can be a great help as well.
- Remember to focus on what you have achieved and don't be overly self-critical.
- Making a plan for slip-ups and hiccups is also a well-proven strategy for people to get back on track. Think about what your thoughts, feelings or situations that are triggers for the habit you want to change and have plan ready to respond to these triggers.

Good luck and congratulations for setting some positive health goals!