

# Lifestyle Change

## Five steps to making a lifestyle change:

1. Motivate
2. Set goals
3. Plan
4. Execute!
5. Evaluate

### Motivate!

Why is it important to me to \_\_\_\_\_?

What do I want my life to be like? What do I value the most? How does \_\_\_\_\_ fit into that?

### Set Goals:

It is good to think about your end goal, for example, "I want to lose 20 pounds in 8 months."  
However, it is better to *focus* on your process goals, the steps you are going to take to get to your end goal. For example, "I am going to walk for 30 minutes 5 days."

My end goal: *(choose something realistic and include a timeframe in which you want to meet that goal)*

---

My process goals: *(choose 1-3 ways in which you are going to change your daily life in order to meet your end goal)*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Plan:

How am I going to meet my process goals? (*When/where/how/with whom am I going to make changes*)

*When:* \_\_\_\_\_

*Where:* \_\_\_\_\_

*How:* \_\_\_\_\_

*With whom:* \_\_\_\_\_

## Execute:

Go out and execute your plan!

**Evaluate:** Treat every change plan as an *experiment*. You are trying different things to find out what works for you. This means:

- (a) You have to give your plan a good, solid try if you want to find out whether or not it works. Remember it can take time for a new behavior to become a habit or to feel natural. The first few weeks will be the hardest.
- (b) After 1-4 weeks of really working your plan, it will be time to honestly assess how well it is working for you:
  - a. What barriers/obstacles have come up?
  - b. How do these lifestyle changes make you feel?
  - c. Have you made an progress towards your end goal?
  - d. Are you ready to add another healthy behavior to your plan?