

10 STEPS TO GO FROM RESOLUTION TO REVOLUTION!

A GAME PLAN TO ESTABLISH A HEALTHY HABIT AS YOUR NEW DEFAULT

1 Visualize yourself in optimal health.

Take 5 – 10 minutes to visualize what your life will be like once this new habit is in place. How will your life be different? What are you doing? Who is with you? What will be possible for you? Write this vision down. Your vision is your “what”.

2 Determine your “why”.

Next list all that's important about your vision. Clarity about the impact this change will have on your life and its importance is the “why” that fuels your momentum when the going gets tough.

3 Choose a token.

Create a reminder to keep your “what” & “why” top of mind. This may be an image, an object, a song or anything else that can be your touchstone as you move forward.

4 Create your 3-step loop.

The Golden Rule of Habit Change is a 3-step loop - the Cue, the Routine, the Reward. It's easier to establish a new habit when it is linked to an existing routine. Identify an existing, even unrelated routine. For example, I wanted to add some basic strengthening movement to my morning routine. I considered my current morning routines, like brushing my teeth, feeding the pets, making coffee, etc. I chose the making coffee routine as an anchor. The cue was making the coffee and the reward was enjoying my cup of coffee. I replaced the normal routine of making breakfast, with 15 push-ups, 20 squats, and 100 sit-ups.

5 Anticipate barriers.

Your action steps need backup plans. Think ahead of what might get in your way and decide in advance how you will handle that. For example, if I don't do my new routine while the coffee is brewing, I will do it before I finish my morning coffee.

6 Adopt a win/learn mentality.

Think of each action you take toward your goal as an experiment and get curious about what you learn from each experiment. This is valuable data that informs you. Whether you are **a)** 100% successful, **b)** partially successful and need to make adjustments moving forward or **c)** not successful at all, celebrate all learning. There is no failure unless you quit.

7 Practice, practice, and practice.

Repetition will eventually create a new pattern in your brain which will become your new default.

8 Create a support plan.

That may include friends, family, a financial investment, apps, alarms, sticky notes, professional support, whatever will make the most difference for you.

9 Be kind to yourself.

Extend the same kindness and compassion to yourself as you would to your best friend when things don't go as planned or when you experience a setback. Change is hard. Don't compound the difficulty by being so hard on yourself. Gently acknowledge when, not if, things don't go as planned. Embrace the learning, remember your “why” and begin again.

10 Practice mindfulness.

Being aware in the present moment gives you the power of choice to honor the goals and actions that align with your vision and values (your “what” & “why”).

