

CHANGE CHALLENGE




BUILD CONFIDENCE · LEARN CONSISTENCY · TRANSFORM YOUR LIFE

- Create Your Own Habit -

THE GOAL

To build confidence, learn consistency, and transform your life.

ACTION ITEMS

-  Decide on a goal and break it down into several smaller behaviors. For example, if your goal is to improve the quality of your diet, one behavior might be to start eating a serving of veggies at dinner.
-  Make the new behavior challenging but doable. Remember that a habit is something you do, not something you don't do.
-  Practice this new behavior (skill) each day until it becomes habit. At first it will require some willpower, but the more repetitions you get in the more it will happen on autopilot.