



Staying On Track: Tips to Guide You to Success When Making Life Changes

- 1. Get Ready to Change** – You are more likely to be successful if you have developed a mindset that says you are ready to change. If you can see a reason to change, and if you actively plan to change, then making a change will be much easier.
- 2. Understand Your Motivation to Change** – Are you motivated to change? Is your motivation high or low? Having a strong motivation and understanding why you want the change will make success more likely.
- 3. Be Confident** – You must be confident that you can do it! Having confidence in your ability to change will increase your likelihood of succeeding.
- 4. Make it Your Mission** – Writing a mission statement can help you focus and be a powerful way to help you make a change. Write down what you hope to accomplish, why you want to change and how you hope to make the change. Include a target date for the change.
- 5. Start Small** – Many people are overwhelmed when they think of making big changes in their lives. So start small, take little steps. For example, if you're trying to get more exercise, start off by taking the stairs instead of the elevator, or park your car farther away from the store entrance so you'll have to walk more. Gradually incorporate more exercise into your daily routine.
- 6. Keep it Personal** – Find little tricks that work for you. Traveling on business? Pack some healthy snacks to take with you, or visit a local grocery store when you get to your destination so you'll be less likely to make poor food choices while away from home. Attending a dinner party? Make a mental list of the foods you will allow yourself to enjoy, and then remember to limit portion sizes. That way you can indulge a little, but not go overboard.
- 7. Be SMART**- You are more likely to be successful if you follow the **SMART** goal-setting method:
 - Specific** – Set a **specific** goal that is simple and that you can reach.
 - Measurable** – Set up ways to **measure** your progress toward meeting your goal.
 - Attainable** – Now that you've set your goal, find ways to **achieve** it.
 - Realistic** – Make sure your goals are **realistic**. Are you willing and able to achieve them?
 - Timely** – Set a **timeframe** for achieving your goal so you'll have a clear target.
- 8. Don't Give Up!** Almost everyone who tries to change will experience setbacks, so don't be too hard on yourself and don't give up! If you have a setback, you haven't failed. It's better to slowly make changes you can stick with instead of quickly making ones you can't.
- 9. Realize You're Not Alone!** Everyone needs a little support, especially when making a big change. So talk to a Wellness Coach, your doctor, a trusted friend or relative. They can help keep you on track or get you back on track.

10. Remember and Reward - Always remember your reasons for wanting to change in the first place, and don't forget to give yourself a reward when you make progress. Don't over-indulge, but do treat yourself to something healthy and enjoyable.

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