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**TIPS FOR BEHAVIOR CHANGE:**

We all want to live and age well, but short term decisions often derail our longer term goals. Sticking to a healthier lifestyle plan can be a challenge. So, here are some known tips from behavior change psychology that can help:

* **Get very clear on your “WHY”**. Write down why you want to make this change. Connect this to what you value most and remind yourself of that often.
* **Take one to three action steps towards your goal each week.** Small steps lead to big changes and become much more sustainable over time.
* **Build in accountability.** Tell someone what you plan to do this week and check in with them afterwards.
* **Plan in advance to overcome obstacles.** Imagine what could get in your way this week from completing your action steps and what you could do to overcome that.
* **Know that you don’t have to do what your thoughts are telling you.** Urges and inaction are prompted by thought. But you have control to override those initial thoughts if they don’t serve you!
* **Celebrate the wins.** Acknowledge your achievements and that you are taking great care of yourself. You are worth it!