Changing Your Behavior

You can gain control of your life by making positive changes to your behavior patterns, so your behaviors support your goals. Follow this process to adopt new behavior.



- [ ] Write a list of the positive benefits you'll receive
- [ ] Just decide that you're going to do it. Making a decision is the first step to accomplishment. Until that point, you're really just wishing
- [ ] Make the new behavior as enjoyable as possible. The more agreeable the new task is to you, the more likely you are to do it
- [ ] Control your thoughts. Focus on how much you'll enjoy the outcomes of the new behavior. Avoid negative thoughts or expectations
- [ ] Reward yourself whenever you succeed in performing the new behavior
- [ ] Each day, measure your progress in adopting the new behavior. This will help solidify the behavior. Some changes may take some time, but results will be worth it!

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