

## ***Making the Changes you want.***

Your success at changing is greatly enhanced by clarifying your thinking. Take enough time with each question to be sure your answers accurately reflect your feelings.

1. Describe the change you want to make in your lifestyle (example -start drinking water instead of Pepsi)

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2. List the reasons why you are making this change. Honestly list as many reasons as might be motivating the change. Be Specific! Get down to your core feelings and beliefs. (Example- I don't want to gain an extra 5 lbs a year, year after year)

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5. What do you want to have accomplished at the end of three months? Be realistic but dream a little. *(Example - I want to be happy drinking water at times that I used to drink Pepsi and no longer crave Pepsi)*

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6. Transform what you listed in 5 (above) into simple clear goals by giving them specific deadlines, and a way to measure the degree to which you successfully accomplished them. *(Example - At the end of three months, I will consistently order water with my meals. My desire for a Pepsi will wane and drinking water will seem natural and pleasing. I will keep track of the amount of water I drink each day and will drink 8 glasses.)*

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7. List what you want to have accomplished at the end of one year. Again, be specific about what you want to accomplish and how you will tell when you actually do so. *(Example - In one year, I will be maintaining my new lifestyle of drinking 8 cups of water each day. My tastes will have changed so that Pepsi now seems too sweet.)*

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8. Sit down at you computer and make a summary of steps 1 - 7 above. Post it where it is obvious to you. Read it every day for the first several weeks. It will amaze you how much impact this little step will have on your thinking and your success.
9. Share your plans with someone important. Tell them what you are attempting to accomplish and why it is important to you. Tell them it is OK to occasionally ask how you are doing.
10. Monitor your success and make adjustments. If part of your plan is not working very well, don't get discouraged. Remember that everyone has some difficulty making this kind of change. You will probably have some times where it doesn't seem to be working very well. Adjust!
11. Climb back on the wagon when you fall. It's probably the most important ingredient. Review you written document and start where you left off. It's OK.