



The Force of Habit

Common Blocks and Useful Tips for Making Lifestyle Change

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We are what we repeatedly do

--Aristotle

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Learning Objectives

- 5 contributors to motivation
- 4 keys to habit change
- 2 factors affecting willpower

Choose a strategy for yourself

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Physical Wellness Dimension


- Diet and Nutrition
- Physical Activity
- Sleep and Rest
- Stress Management and Relaxation

Habits and Routines

- Medical Care and Screening




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Habits



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Behavior Change

- Motivation 
- Habit 
- Willpower 


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Motivation

- Need
- Interest / desire
- Beliefs
- Initiation
- Payoffs


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Habit

- Awareness
- Keystone habits
- Small wins
- Link to existing habits

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Willpower

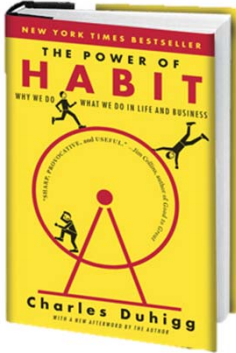
- Goals
- Energy

Practice → Improvement

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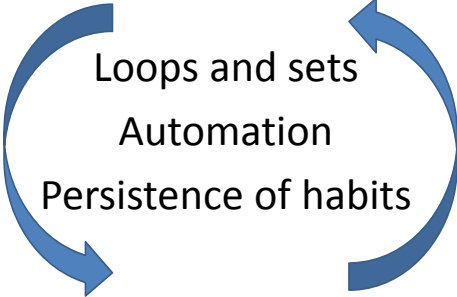
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Changing Habits: Challenges



- Loops and sets
- Automation
- Persistence of habits

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Changing Habits: Strategies




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Develop Awareness

observe

- Location
- Time
- Emotional state
- Other people
- Antecedent behaviors



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Explore interest and desire


- Personal values
- Reasons for change



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Strengthen beliefs

- Are your beliefs accurate/rational?
- Norms
- Self-efficacy
- Role models and inspiration



hope

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Identify payoffs


- Real benefits of change
- Payoffs of not changing



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Analyze patterns

- Strengths
- Problem habits
- Keystone habits
- Actions / habits for linking



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Develop a change plan

- Goal/objective
- Steps
- Rewards
- Supports
- Implementation intentions



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Summary: Most important
Focus on **keystone** habits
Aim for **small** wins
Remember:
Willpower requires **energy**

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Discussion

**What will you do now
to build
healthy daily habits?**



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