

12 TIPS FOR TAKING ACTION WHEN CHANGE IS HARD - QUICK GUIDE

- 1. Explore the behavior to be changed**
- 2. Examine the benefits of the change**
- 3. Listen to those who love and support you**
- 4. Connect with someone who's been successful with change**
- 5. Focus on the positive aspects**
- 6. Consider unintended outcomes**
- 7. Plan to sustain your motivation**
- 8. Keep your intentions and values in the forefront for completing the goal**
- 9. Generate a support system**
- 10. Journal about your experiences and reflect on them often**
- 11. Never give up, adapt if necessary**
- 12. Make a doable plan before you start to set yourself up for success**