

Journey TO AUTHENTIC LIVING

LIFESTYLE CHANGES – MAKING NEW HEALTHY HABITS STICK

“The key to solving problems is asking the right questions.” – Albert Einstein

1. Write down the reasons you want to change or feel the need to change.
2. What have you tried so far that has worked? Not worked?
3. How will these changes impact your life?
4. What are the benefits and rewards of making changes?
5. What does your doctor say about the change you want to make?
6. Every problem behavior has some benefit. If it didn't, it would be easy to let go of.
7. List all the positive and negative benefits to the habit.
8. Write down your daily routine as accurately as possible. Decide how and where the new healthy habits can be plugged in and what possible “triggers” could prompt you to take action.
9. Remove things from your environment that trigger negative behavior. Make a list of when and where negative behaviors occur.
10. What triggers unhealthy behavior? Plan what you will do when that trigger goes off.
11. Your mind has the power to work with you or work against you.
12. What is your best time of day to fit in exercise/movement?
13. Do you have any potential work out buddies? At work? Friends?
14. How could you fit this into your day?
15. What kind of movement do you like? Yoga, walking, dancing, swimming?
16. What motivates you to make a healthy change?

For more information, please contact us by phone at 719-649-4418 (PST) or by email at info@J-TAL.com.

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