

The five step plan to changing your life

1) Identify guiding value. Values are like guiding stars. You set your course by them, but you never actually reach them or permanently realize them. (e.g., being healthy)

2) Set specific and achievable goals that will let you to put your value into play (e.g., eating four servings of vegetables each day)

3) Identify Benefits. Imagine the most positive outcome of achieving your goals (e.g having more energy, losing weight, improving health and fitness).

4) Identify critical difficulties. Imagine the potential difficulties and obstacles that might stand in the way of you achieving your goals.

Internal difficulties (feeling and thoughts such as low motivation, self-doubt, distress, anger, hopelessness, cravings)

External difficulties (things outside your skin that might stop you, e.g., cost of gym, time conflicts)

5) Make commitments.

I commit to _____ (your goal)

Commitment opportunities

The following are some opportunities for me to put my commitment into play

Example: *If I am at a restaurant, I will order steamed vegetables instead of garlic bread*

If _____, then I will _____

If _____, then I will _____

If _____, then I will _____

If _____, then I will _____

Commitment difficulties

If _____ (difficult internal experience, e.g. feelings) shows up, then I will use my observing skills and make room for the experience. If I am unwilling to have the experience, I will pick a goal that is less difficult for me.

If _____ (external difficulty) comes up, then I will take the following steps to deal with the difficulty (problem solve and write action plan here)