



DECIDE

MAKE THE DECISION TO CHANGE
A BEHAVIOUR

THINK OF WAYS TO MAKE IT MORE ENJOYABLE
LEARN INFORMATION ABOUT HEALTH CONSEQUENCES
BRAINSTORM THE BENEFITS
DEVELOP A SOCIAL NETWORK
MAKE YOUR ENVIRONMENT CONDUCIVE TO THE BEHAVIOUR
BUILD CONFIDENCE FOR PERFORMING THE BEHAVIOUR



CREATE A DETAILED PLAN
SET SPECIFIC AND ATTAINABLE GOALS
PROBLEM SOLVE HOW YOU WILL DEAL WITH BARRIERS
USE POSITIVE SELFTALK TO REINFORCE SUCCESSES AND COPE WITH SETBACKS
FIND MEANINGFUL INCENTIVES AND REWARDS



ENDEAVOUR

TAKE CHARGE OF THE BEHAVIOUR



SUSTAIN

MAKE THE BEHAVIOUR PART OF YOUR
LIFE AND REGULAR ROUTINE

REPEAT THE BEHAVIOUR AT THE SAME TIME OF THE DAY OR SAME DAY EACH WEEK
SET OUT PROMPTS AND CUES TO TRIGGER THE BEHAVIOUR
TAG THE BEHAVIOUR TO AN EXISTING ROUTINE
FIND PERSONAL MEANING IN THE BEHAVIOUR
PRIORITIZE THE BEHAVIOUR WITHIN YOUR LIFE
TAKE OWNERSHIP OF THE BEHAVIOUR IN HOW YOU PRESENT, THINK, AND FEEL

