



# Congratulations- You've made the decision to set **goals and change your behavior!**

**Approach behavior change like you are climbing a ladder: take your time reaching for each rung, and slow down to regain your balance if you feel unsteady.**

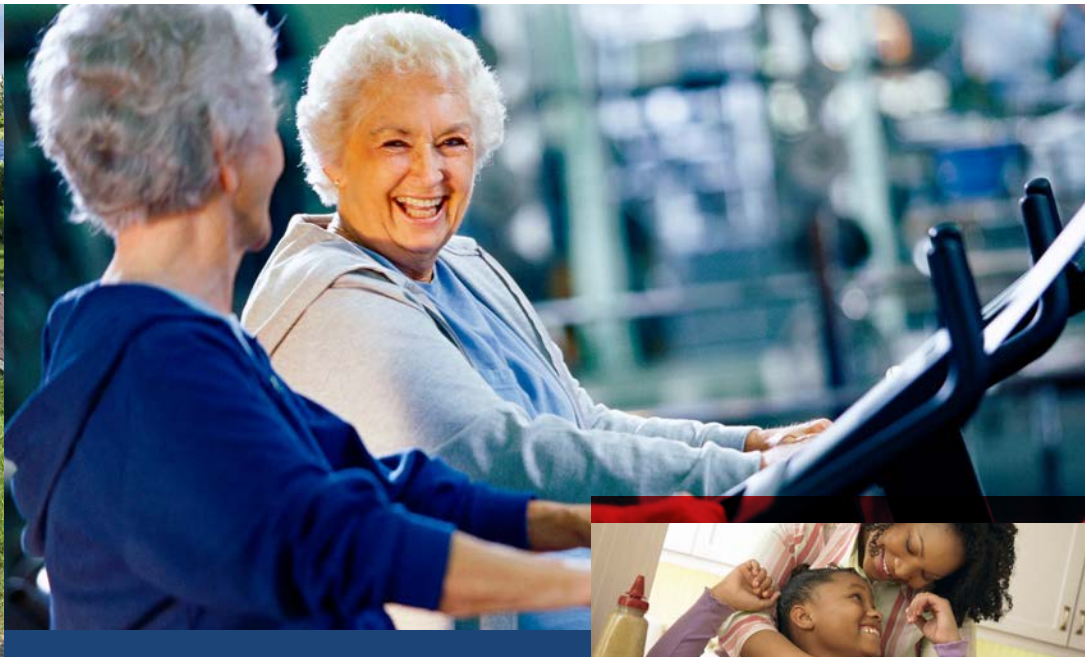
Turning your goals into lasting lifestyle changes takes patience and diligence. If you're up to the challenge, try these strategies for successful behavior change. Read on to learn more!



**866.695.8622**

Visit us online at:  
[HealthAdvocate.com/members](https://HealthAdvocate.com/members)

**HealthAdvocate**



## Behavior Change Strategies

**Evaluate your reasons to change** by asking yourself the following questions:

- Why is your long-term goal important for you to accomplish?
- How do you envision your life changing by achieving this goal?

**Set small goals each week.** This can help you build confidence and you may also see more meaningful results. SMART goals are those that are:

- **S**pecific
- **M**easurable
- **A**ttainable
- **R**ealistic
- **T**imely

**Consider your strengths.** What do you already have going for you that can help you meet your goals? The strengths you have can help you increase your confidence in your ability to meet your resolution.

**Know your weaknesses.** Equally important to recognizing your strengths is knowing what you may find to be a challenge.

**Anticipate challenges.** Be proactive. Challenges will come up, but you will have a head start if you can find solutions to them before they occur.

**Be flexible.** Sometimes life can get in the way when trying to meet your goals. If you find yourself off course, re-adjust your goals to make them more attainable during hectic times.

**Set a regular schedule.** People who set a regular schedule are more likely to make behavior change a habit.

**Seek support.** Having the support of others is important. Find a buddy to work on your goals with, or share your goals with a friend or coworker. Having accountability from others can help with follow-through. You could also share strategies with your family and friends.

**Reward yourself.** Each time you meet a goal or milestone, consider rewarding yourself. This can help you maintain your new, healthy behaviors.

**Have fun and mix it up.** It is common for motivation to wane if you've been doing the same routine for a while. You can choose many ways to exercise, from sport and recreational activities, to hobbies, to working around the house. Discover new ways to eat healthy by varying your food.

