

## **The five step plan for 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)

Say it out loud! Tell others. Form social support groups and encourage each other

*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)