

Psychology of Behavior Change

- Our mindset impacts our behaviors. Mindset is made up of all the beliefs, thoughts, attitudes, perceptions, & biases we have from our upbringing, culture, experience & education.
- We tell ourselves scripts & stories; these become the soundtrack of our lives. We also have our unique personalities, tendencies & emotions. All of these things combine in ways that help us grow & change OR these serve as mental blocks that limit our forward progress.
- Consider your mindset around different health behaviors. Identify some beliefs, attitudes & perceptions that may be holding you back from making the change you desire.

- Our upbringing & family influence shape the way we see the world. Values, expectations, & identities can be deeply ingrained in our psyche. We are not defined by our past, but it can be helpful to acknowledge it's impact & then decide what we want to do differently.
- Consider your own family values, expectations & identities. Which ones serve you well & which ones are worth leaving behind?

Psychology of Behavior Change

- Theories of behavior change look at the various layers of influence in our lives that impact our health decisions & our ability to change our behaviors. These layers include interpersonal, organizational, community & environmental factors.

Health Belief Model:

- Health Behavior

- Perceived susceptibility

- Perceived severity

- Perceived benefits

- Perceived barriers

- Cues to Action

- Self Efficacy

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Stages of Change: Pre-contemplation (no desire to change); Contemplation (considering change); Preparation; Action; Maintenance (committed & doing); Termination (never returning to old ways)

Social Cognitive Theory

- Health Behavior

- Interaction of my environment & my behavior

- Behavioral Capability

- Observational Learning

- Reinforcements

- Expectations

- Self Efficacy

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- What behaviors do I want to change? Why is change important to me?

- Do I believe I am ready? Why or why not? Do I believe I can be successful? Why or why not?

- What are my top values in life?

- What are the benefits to change?

- What are the consequences if I don't change?

- How would these changes align with my core values?

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- After casting our life vision & determining our core values, it's time to set goals. Our goals need to be personal, as specific as possible, be measurable, have a time stamp, be written down & include a game plan. Every goal needs an action plan with it.
- Consider the different arenas of wellness in your life: physical, emotional, financial, social/relational, professional/career, intellectual, spiritual & environmental. Pick three goals in three different arenas or pick three goals for one area.

Set behavior goals & state HOW you will make this happen (action plan!)

- Goal #1

- Goal #2

- Goal #3

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What needs to change in me to make these changes:

- Knowledge

- Resources

- Time/Finances

- People/Relationships

- Lack of belief or trust (in ourselves) or other mind blocks

- Triggers

- What else???

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- Distractions & excuses are everywhere. Excuses are easy....but they don't move us forward. It's time to take ownership of your destiny!
 - What distractions & excuses do I need to eliminate? Common examples include our devices, social media, multitasking, perfectionism, drama, inability to say "no", procrastination, chaos, no plan, no priorities, giving into other's expectations & not asking for help.
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- Perceived lack of time is a common excuse. Tracking & valuing our time is critical when it comes to dedicating time to what is most important to us. Stephen Covey's quadrant of time matrix is a great way to define the matters of life that are urgent & important to us...or not.
 - Urgent & Important: things that require my immediate attention
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- Not Urgent & Important: these are part of our long term strategy
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- Urgent but not Important: distractions that take us off course
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- Not Urgent & Not Important: time wasters that are good to eliminate
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My plan to win is part of my ongoing action plan.

- Temptations (includes people) that may try to take me off course & how I will resist:

- What I consume can be productive, or it could be mindless, distracting or poison. What are these things & how will I focus on consumption of things that help me grow?

- I will avoid comparisons by:

- Areas in my life (people) I need to set boundaries with include:

- I will say yes to beliefs, thoughts & behaviors that help my growth & say no to those things that do not align with my vision, values & goals. These include:
