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Beginner lessons for Behavior Change

Master Behavior Change with Simple Habits!

DEFINITION

> Behavior change involves adopting new habits or modifying existing ones to improve life. It's about making small, manageable adjustments to your daily routine.

KEY CONCEPTS

Small Steps

Start with tiny, achievable goals to build confidence and momentum.

Consistency

Regular practice of a new behavior is key to making it a habit.

Triggers

Identify cues in your environment that can prompt your new behavior.

Rewards

Reinforce positive behaviors by rewarding yourself after completing a task.

Accountability

Share your goals with others to increase motivation and commitment.

EXAMPLES

→ Drinking a glass of water every morning.

→ Taking a 5-minute walk after lunch.

→ Writing down three things you are grateful for each night.

MEMORY TIPS

★ Use the acronym SMART for goal setting: Specific, Measurable, Achievable, Relevant, Time-bound.

★ Visualize your success to reinforce your commitment.

★ Create a habit tracker to visualize progress.

COMMON MISTAKES

✗ Setting unrealistic goals that lead to frustration.

✗ Neglecting to track progress or celebrate small wins.

✗ Failing to identify and manage triggers effectively.

QUICK RECAP

Behavior change is about making small, consistent adjustments to your habits. Focus on triggers, rewards, and accountability to enhance your success. Remember, start small and celebrate progress!