

Checklist for initiating a lifestyle change

Whether you want to quit smoking, lose weight, or handle stress more effectively, making a change in your lifestyle can be challenging-but well worth the effort! Use this checklist of tips as a tool for getting started on your lifestyle change: it can help you set goals and stick to them. And remember that your EAP or Work-Life program is a great free and confidential resource for helping with all types of behavior changes, including getting and staying motivated, goal setting, and maintaining your changes over time. We know it's not easy, and that's why we are here to help.

Focus on how your life will improve.

For motivation, make a list of every possible benefit you

Monitor yourself.

Keep a detailed diary for a week. Each time you overeat environment, and/or any outside triggers.

Deal with situations that trigger your unwanted behav

For instance, you can ask your server at a restaurant not you cigarettes.

Seek help.

You may want to work with a friend, get -atep am h e t i n g s a C hard, and outside support can make all -h i e d p r f o e g r e a n n e e f . o C finding support groups or other types of guidance and too

Set reasonable goals.

Don't aim for "size 10 by June" if it's not realistic or that Instead, aim for "I will eat five to six vegetables a day" can be critical.

Remind yourself to take it one day (or one hour, or o

You may fall off the wagon, smoke that cigarette, eat the journey that doesn't always proceed forward!

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