

BUILDING THE CONFIDENCE TO CHANGE A HABIT

Changing habits can be hard!

If the long months of pandemic isolation have sapped your confidence and will to change, these quick journaling exercises may help.

What habits have you succeeded at changing in the past?

How did you make the change?

1 Habit-Changing Strategy:

2 Habit-Changing Strategy:

3 Habit-Changing Strategy:

What is one "pandemic habit" you would like to change?

Examples: Get back to (or continue) walking for 30 minutes a day, cut down on drinking during the week, eat less fast food.

Habit to Change:

Look at the strategies for successful change you listed above. Which one might work now?

Possible Strategy:

Identify any negative messages about changing.

Examples: "I don't have time to walk," and "Who cares if I eat too much? No one cares how I look."

Negative #1:

Negative #2:

Replace each negative with a confidence builder.

Examples: "I have 30 minutes to take time for my health," or "Eating just the right amount gives me more energy and helps my moods."

Confidence Builder #1:

Confidence Builder #2: