

# Making a plan to change

txt4two

To make a change in your life you need to make a specific plan. Follow these steps to make your own:

## 1. What are you going to do?

Decide on specifics, not something general like “exercise more” or “eat better”. Will you walk, do an exercise class, eat more vegetables, cut out sugar sweetened drinks, eat fewer processed foods, like chips, biscuits, muesli bars?

## 2. How much will you do?

Will you walk around the block, do a water aerobics class for one hour, eat one extra vegetable at dinner, replace soft drink with water or choose more nourishing snacks?

## 3. When will you do it?

Connect the timing of your new activity with an old habit. For example walk around the block after dinner or add extra vegetables to your dinner plate.

## 4. How often will you do it?

Trying to do things every day is not always possible. It is best to decide to do something 3 to 5 times per week. If you do more, that is great but it takes away the pressure and increases your chance of success.

## 5. Write down what you want to do

See over the page for instructions on making your plan and tracking your goals.

## Make a plan

### Over the next week I will:

Walk around the block _____	(what)
4 times _____	(how much)
After dinner _____	(when)
4 times per week _____	(how many)

## 6. Rate your confidence

Rate your confidence in completing your goal out of 10 with 1 being not at all confident and 10 being totally confident.

Any rating above 7 is a realistic plan. If you rated your confidence less than 7, then you need to reconsider your plan.

## 7. Choose a reward

This is for when you achieve your goal. Feeling better within yourself is its own reward, but it IS good to reward your achievements. Rewards don't have to be unhealthy or expensive

Ideas for rewards:

- a bubble bath
- buying fresh flowers or a magazine
- a foot massage or at home facial
- plan a manicure or pedicure
- stream your favourite show
- coffee with a friend
- a night off from cooking

## Your txt4two planner

Use this planner to work out your goal and track your progress.

### Making a change

Over the next week I will:

(what) \_\_\_\_\_

(how much) \_\_\_\_\_

(when) \_\_\_\_\_

(how many) \_\_\_\_\_

Day	Achieved	Comments
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Confidence rating \_\_\_ / 10

My reward will be: \_\_\_\_\_