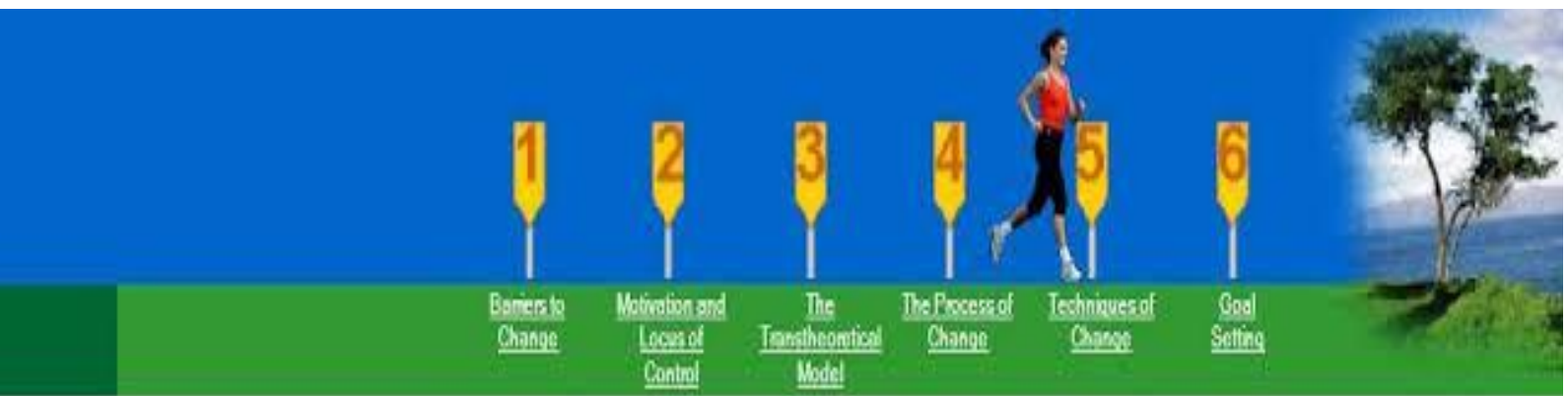


Behaviour Modification

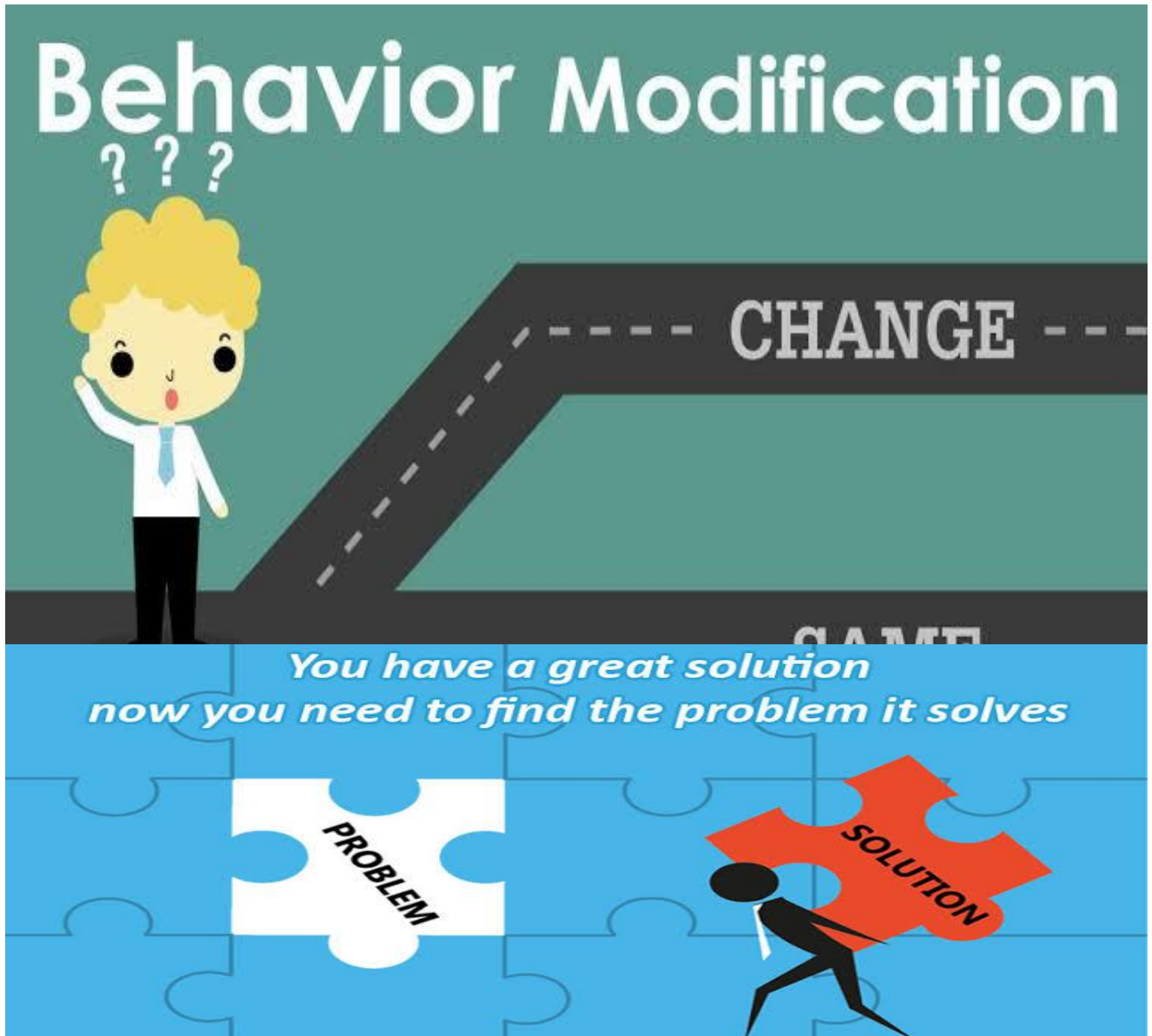




Steps for Successful Behavior Modification

- ▶ Acknowledge that there is a problem
- ▶ Identify the behavior to change (increase physical activity, stop overeating, quit smoking)
- ▶ List advantages and disadvantages of changing the specified behavior
- ▶ Decide positively that you will change
- ▶ Identify your stage of change
- ▶ Set a realistic goal (SMART goal), completion date, and sign a behavioral contract

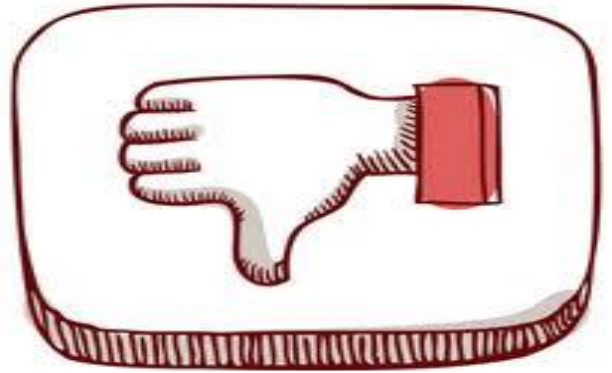
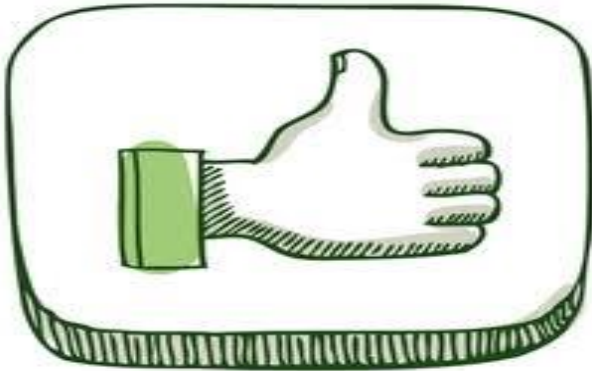
1. Acknowledge that there is a problem



2. Identify the Behavior to change



3. *Advantages* and *Disadvantages*

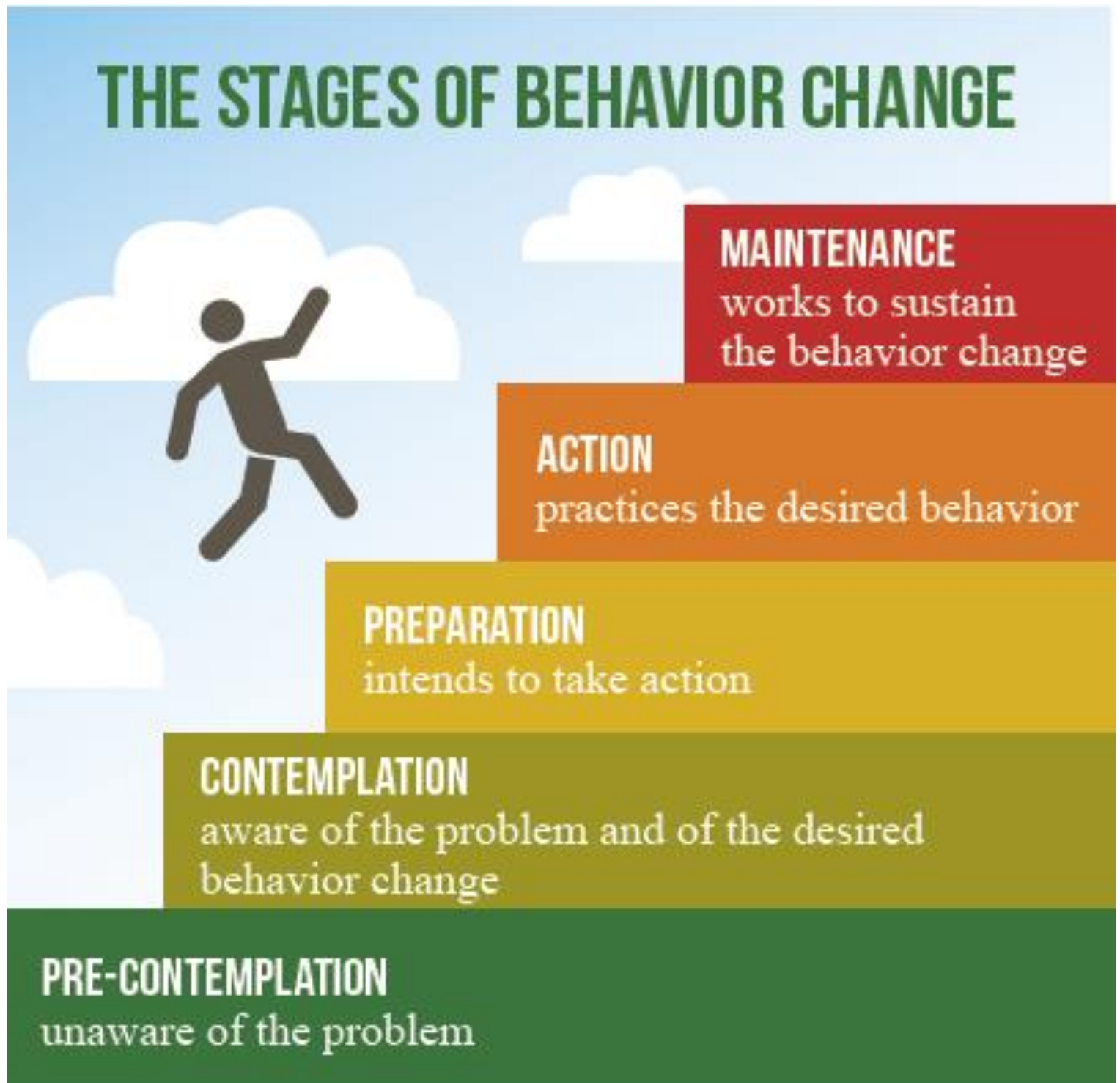


4. Decide Positively..



**I CAN
AND I
WILL**

5. *Identify your stage of change*



Set a realistic goal



S

Specific

Clearly State your Goal

M

Measurable

Ensure you can Measure Success

A

Attainable

Set Goals you know you can Achieve

R

Relevant

Set Goals Relevant to your Career or Education

T

Time-Based

Set a Deadline for Completion

"Whether I'm at the office, at home, or on the road, I always have a stack of books I'm looking forward to reading"

Bill Gates



SMART GOAL EXAMPLE



Specific?

"from my book list" is good specificity
"Read" is ok but "finish" for example would be a better word (easier to say with certainty if it's been done or not)

Measureable?

50 books

To read 50 books from
my book list
this year

Timed?
this year

Relevant?

Depends. Is the timing good? What else is going on? Is this attached to a larger dream? Is the quality of the books good?

Attainable?

This would depend on multiple factors. The reading speed of the goal setter, available time. Is it both challenging and possible considering all?