

# Making Your Health Habits Stick: From "Doing" to "Being"

## What is Behavioral Change?

Getting healthy isn't just about what you eat or the supplements you take—it's about how you build your daily life. Behavioral change is the "science of sustain." It means moving away from just following a doctor's orders and moving toward owning your health journey so that feeling good becomes your new normal.

## Why This Matters For You

- **No More Willpower Wars:** Willpower is like a battery that runs out. By designing your life correctly, you won't have to "force" yourself to be healthy.
- **Beat the "Messy Middle":** Everyone feels excited at the start, but most people quit after three weeks. This approach gives you a map to get through the tough days.
- **Long-Term Freedom:** The goal is for you to become your own best health advocate, so you don't have to rely on a practitioner forever.

## What You Can Do Today

1. **Design Your Space:** Make healthy choices the "path of least resistance." Put your supplements next to your toothbrush or coffee maker (Habit Stacking). Keep pre-cut veggies at eye level in the fridge and move processed snacks to a high, hard-to-reach shelf.
2. **The "Scale of Confidence":** Look at your current health goals. On a scale of 1 to 10, how confident do you feel that you can do them this week? If you are below a 7, ask yourself: *"What is one small thing I could change to make this feel like a 9?"*
3. **Plan for the "Dip":** You will have days where you want to quit—that is a normal part of healing! Write down one "Non-Scale Victory" today (like having more energy or sleeping better) to remind yourself why you started when things get tough.
4. **Practice the 80/20 Rule:** Perfection is the enemy of progress. If you get off track, don't throw away the whole plan. Just aim to be "on track" 80% of the time and give yourself grace for the other 20%.

## Questions to Discuss with Your Practitioner

- "What should our plan be when I hit the 'Messy Middle' and my motivation starts to fade?"
  - "How can I change my home or work environment to make my new habits feel easier?"
  - "Are there any hidden fears I have about getting healthy that might be holding me back?"
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