



How to Make Healthy Changes

Goals and Motivation



Set clear, highly personalised goals.



Consider intrinsic motivation. What about your goal is rewarding just for you?



Have regular monitoring and accountability



Be prepared to endure challenges. Have a growth mindset and be prepared for slip-ups

Setting Healthy Habits



Create new habits that support your goal early, when motivation is high



Plan the things that need to happen to make that habit a reality



'Stack' your habits by attaching them to other existing habits



Celebrate all your wins, no matter how small. Consider a success journal to reinforce your positive habits.