

# 6 TIPS FOR MAKING POSITIVE CHANGES

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## **ACTIVATE THE CHALLENGE.**

All you need to do is start.

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## **ASSESS THE GAME PLAN.**

After you start, take time to pause and recognize, is this working? Modify your game plan if you need to, and recognize that this is flexibility, not failure.

3

## **BUILD THE RESILIENCE.**

Each modification of your steps will require a bit more resilience. Willpower is like a muscle. It must be trained. Studies show that breathing, meditation, sleep, and physical exercise greatly influence willpower and will keep you committed to your goals.

4

## **DITCH THE NEGATIVE SELF-TALK.**

The more critical you are of yourself, the more likely you are to slip back into your default habit. Ditch the negativity.

5

## **REALISTIC EXPECTATIONS.**

We've said it before, habit change isn't easy. Expect that as you deepen your commitment to your new habit, there will be an increasingly higher temptation and resistance. When you know it's coming, you'll have a plan in place to move through it.

6

## **STAY PRESENT.**

Anytime you feel out of control or like you have to give in, simply pause. Stay present with the sensations in your body and notice that over a period of time the craving will pass. You'll soon come to realize that the true craving has nothing to do with your momentary desire.



**UPRIGHT MOVEMENT**  
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