

# Progress

## Behavior Change System

Commit to making progress! Use the below behavior change system to assist you in becoming the best version of yourself. Commit to your health and to making progress over 31 days.

*"Your life doesn't get better by chance. It gets better by change." - Jim Rohn*

**Assess** - Evaluate current health habits and think about how you would like things to be different.

*"The first step to personal growth, is the ability to make an honest assessment of where you currently are." - Michell Pulliam*

**Purpose** - Find your why and your reason for wanting to make a healthy change.

*"Having a why to live enables you to bear the how." - Harold S. Kushner*

**Prioritize** - Narrow it down to one main health behavior that you want to focus on changing.

*"You always have time for the things you put first." - Anonymous*

**Mindset** - Determine how you will choose to think about your change efforts.

*"We cannot solve our problems with the same thinking we used when we created them." - Albert Einstein*

**Game Plan** - Determine what is required and what strategies would yield the great return/reward. Set a specific, measurable, attainable, realistic, and time-oriented goal to reach for.

*"Start where you are. Use what you have. Do what you can." - Arthur Ashe*

**Action** - Put the game plan into motion and implement strategies you came up with to help you achieve your goal.

*"You get what you work for, not what you wish for." - Howard A. Tullman*

**Reflect** - Think back on what you accomplished and what you learned from the experience.

*"The ability to honestly and quietly reflect on one's life is one of the most powerful tools for personal growth." - Richard Carlson*

**Improve** - Continue to progress and consider using this strategy to improve in another area of your life.

*"Strive for continuous improvement, instead of perfection." - Kim Collins*

**Lead** - Lead by example and serve others. You are able to demonstrate to others what is possible and have a positive influence on them.

*"A leader is one who knows the way, goes the way, and shows the way." - John C. Maxwell*



- The Progress Behavior Change System is intended to be used as a framework to help guide you towards setting specific goals and determining strategies that will be effective and sustainable for you.
- The system provides guidance and encouragement to help you succeed.
- An essential component of change is that you must make it a priority, commit to the change and persevere.
- Stay positive and remember, discomfort is the catalyst for growth. Great things happen outside of your comfort zone.
- A few other considerations:
- Enlist social support.
- Consider possible obstacles you might face and ways you could overcome them.
- Pick a behavior that you have full control over.
- Learn more about the benefits of the desired behavior for additional motivation.
- Celebrate success. Consider using a reward systems for reaching milestones.

**Make your health a priority and commit to Progress!**