

Motivate Healthy Habits:

Using a Decision Balance to Clarify Your Issues about Change

Pick an unhealthy habit. Answer the questions below to clarify your issues about change

<i>Reasons to stay the same</i>	<i>Reasons to change</i>
<p>1. <i>What are the benefits of staying the same?</i></p>	<p>2. <i>What concerns do you have about staying the same?</i></p>
<p>3. <i>What concerns do you have if you were to change your unhealthy habit?</i></p>	<p>4. <i>What are the benefits of changing your unhealthy habit?</i></p>
<p>Resistance Score =</p>	<p>Motivation Score =</p>

Use the 0-10 scale (0= none and 10=very high) to give a global score for all of your reasons to stay the same (resistance) and all of your reasons to change (motivation). Put your scores above.

To sample an online version of this learning process and watch/listen to a video interview of this process, go to www.MotivateHealthyHabits.com for more details

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