

Top Tips for Successful Change

1. Align change with your values
2. Target only 1 or 2 changes at a time
3. Create 'goals' that describe the outcome
4. Notice what is already working
5. Do more of what is working
6. Develop an action plan
7. Visualize the change
8. Create a 'cue' for your goal
9. Review your progress
10. Practice self-compassion

"Change is hardest at the beginning, messiest in the middle and best at the end"

Robin S Sharma