

## SESSION FOUR

# MAKE CHANGE EASY

It's hard to make change stick when we're time poor, with loads of tasks and responsibilities to attend to.

Our brain naturally gravitates to the status-quo as it uses less energy when it follows habits versus trying to create new ones with new neural pathways. However, we can make change easier and benefit in the short- and long-term.

## KEEP IN MIND THAT...

*WHEN YOU KNOW WHY YOU WANT TO CREATE A NEW HABIT IT'S EASIER TO STAY MOTIVATED, VERSUS A HAZY IDEA THAT YOU 'SHOULD' BE DOING SOMETHING. FIND AN IMAGE OR WORD THAT YOU FIND MOTIVATING, SO YOU CAN REFER TO IT WHEN YOU'RE IN NEED OF A JOLT OF MOTIVATION.*

## 10 Ways to Make New Habits 'Sticky'

**1** Avoid situations where you used to do the thing that you want to stop doing, as environments can be cues to fall back into old habits. For example, if you're trying to cut down on caffeine, pre-order a green tea, or a coffee with less caffeine from a new, still convenient coffee shop on your way to work or on your morning walk.

**2** Start a new habit (behaviour) in the morning when your brain is fresh after sleep.

**3** Monitor your progress using a chart where you physically 'tick' the chart when you do the new behaviour. This releases dopamine which make you feel a sense of pleasure and motivation.

**4** Link the new habit to a habit you already practise with ease. For example, if you're trying to eat more salads and vegetables simply make more of these foods the night before so you always have leftovers for the next day. Or if you regularly meet a friend for coffee and cake, meet them for a walk and sparkling water/green juice/green tea etc, instead.

**5** Make homemade treats, like the fudgy treat on the 'Coconut' page of the e-report\* so you don't feel deprived if trying to wean yourself from cheap and nasty chocolate bars.

**6** Eat to maintain stable blood glucose so that you don't resort to old habits simply due to a lack of neural energy.

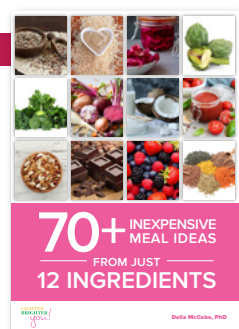
**7** Go to bed five minutes earlier each night to get to the 7.5 – 8 hours sleep you need to ensure your brain is well rested – or get enough sleep during the day if you're a shift worker.

**8** Don't tell your family (or at least your kids) that you're planning on making any changes – make small changes, consistently so that they become established without anyone feeling deprived.

**9** It IS easier to start a new habit in a new place and/or when we have a specific block of time ahead of us. There's a reason New Year resolutions are so popular. Couple this idea with the other tips here to make new habits stick more than most New Year resolutions.

**10** Finally, make it as easy for yourself as possible to start a new habit! Increase friction for things you don't want to do, for example, don't have Tim Tams in the house – force yourself to have to get into the car and drive to get them (increasing friction). And reduce friction for the new habits you're creating, for example, have healthy treats in your home, so you don't have to exert effort (friction) to get to them.

\*The e-report, **'70+ Inexpensive Meal Ideas from Just 12 Ingredients'** will help you to make simple meal and snack changes quickly and simply – and deliciously!



**NOTE:** ALL change involves brain change, so having a well-nourished brain makes it easier to start and sustain behaviour change.