

## STUDENT HANDOUT

### Lifestyle Change Project

The purpose of this project is to provide you with an opportunity to apply knowledge learned in “Health 1: Lifestyle and Choices” to the development and implementation of a personal lifestyle change process.

#### A. Identify the need for a health-related change or alteration.

- Based on assessments you have done of your current lifestyle choices related to health, what one thing would you like to change or alter?
- What will be the payoffs in making this change or alteration (i.e., why do you want to do it)?

#### B. Set your goal(s).

- When deciding on a goal, remember that it is best to start with small achievable goals rather than big life-changing goals that are more likely to fail. **It is much better to have small successes than large failures.**
- Write one or two goal statements that describe the behaviour or lifestyle choices you want to change. Phrase your goal(s) in positive language e.g., “I will ...”
- Your goal statement(s) should reflect specific, measurable behaviours rather than general outcomes e.g., “I will go for a 30-minute walk every day” is better than “I will get more exercise.” “I will eat five servings of fruit and vegetables every day” is better than “I will eat more fruits and vegetables.”

#### C. Plan your change process by asking yourself:

- What will I have to give up to make this change or alteration?
- What difficulties or obstacles (habits, thoughts, feelings, attitudes, time demands, inadequate social supports, etc.) are presently holding me back or might be problems in achieving my goal(s)? How might I overcome these obstacles?
- Who are the people in my life who will support me?
- What other ways might I build in support for this change? Are there ways I can reward myself for success? Are there people who might join me in my activities?
- What are the steps in the achievement of my goal?
- How can I make sure that I am recognizing my successes along the way?

D. Carry out the change process.

- Set yourself a target date for the achievement of your lifestyle change goal and begin the process.

E. Evaluate your experience. In reviewing your experience with the lifestyle change process, discuss:

- Your achievements. Did you meet your goal(s) fully? Partially? Did you have to change your goal(s) as the process progressed?
- Any problems or difficulties encountered in achieving your goal(s). How might these have been avoided or diminished?
- What you learned about lifestyle change from undertaking this project. How might this learning be useful to you in your role as a care provider? What suggestions would you have for others who might want to make changes of a similar kind?

Remember: Even if you aren't completely successful in meeting your original goal, you will be successful in learning something about yourself and your needs that can be very useful to you in the future as you strive to make health-enhancing lifestyle choices.