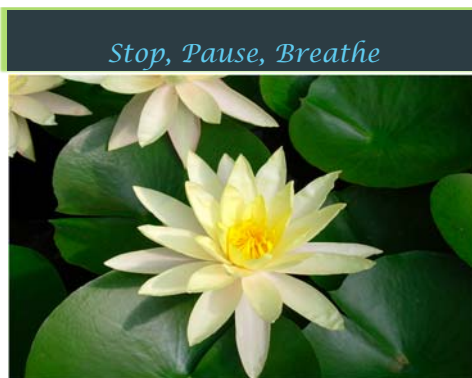


5-Ex. Action steps for activity or eating

- ▶ **Specific action steps - including how to overcome barriers with adoption of new behaviors**
- ▶ **Note - assumptions behind mindfulness are realistic.**
 - ▶ Undesirable events will happen; We will age and get ill.
- ▶ **Implication - plan for reality & “unexpected” to foster successful adoption of new behaviors**
 - ▶ Ex. If I plan to walk outside 5 da/wk for 30’ and it rains...
 - ▶ Ex. If I plan to reduce high fat intake and these foods appear at work or a party...

We can choose to align Behaviors, Health vision, & Quality of Life, mindfully & compassionately

- ▶ 1. **Long-term goal** - what is our vision, reflecting values, motives?
- ▶ 2. **Short-term goals** - what states do we value? desire to attain?
 - ▶ Individualized, self-chosen
 - ▶ Aligned with long-term goals,
 - ▶ Feasible,
 - ▶ somewhat challenging, not overwhelming
- ▶ 3. **Specific action steps** - particular plans to reach short-term goals, such as SMART ones, including
- ▶ 4. **Comparing present state to goals;** discrepancy or success?
- ▶ 5. **Have plans for what to do with barriers, obstacles**



Changing beliefs, feelings, health behaviors

We can:

- Decide we are worthy; Make time for individualized, self-care.
- Relate compassionately with ourselves.
- Stop; connect w/ self.
- Assess our needs in the Present.
- Build our resources, tend our inner garden, & water positive seeds.
- Connect w/ others, nature, what is of Ultimate Importance

