

Charting a Path to Change

Journey to a New Habit

1



Choose a destination (behavior)

Share the items you noted during your conversation. Discuss with the patient what area they would like to change. Resist fix-it mode. Allow the patient to choose the change.

2



Break it down turn by turn

Keep it simple. Avoid broad goals (ex: improving lab values, eating less fast food). The smallest change can lead to big results. Find an anchoring behavior which will trigger the new behavior.

3



Stop at a rest area for a check-in

Establish timeframe for a check-in to reflect on progress. Return to the curiosity step. Return to your notes from your initial conversation. Are we continuing on this journey? Do we need to change our route?

4



Celebrate how far you have come

Celebrate the wins no matter how small. This builds confidence. A celebration can be words of affirmation, a gold star, a random prize, or a lollipop. Celebration reinforces the new behavior.

5



Chart a new path

When the journey is complete and the new habit has been formed, start the process over. Begin with curiosity and choose another destination.