

LEARNING MORE ABOUT YOUR BEHAVIOURS

Learning more about why you do things or why you don't do things is an important key to changing habits and making long term lifestyle changes.

What are your barriers to change?

What have been your barriers to change in the past? You may have come across some of these barriers since starting the program.

Some potential barriers may be:

- » I don't have the time to prepare my meals
- » I don't understand the menu well enough to follow it properly
- » I don't like certain foods
- » I want to eat with my family and go out for meals

It is completely normal to come across barriers and challenges when it comes to lifestyle change. Knowing your barriers is useful as it helps you to prepare solutions. Talk to your Consultant about your barriers and work together to find potential solutions.

It is also helpful to think about the personal benefits of change. Think of benefits that are meaningful to you. They may be short or long term and include things like improved self esteem, increased energy levels or other long term health related benefits such as decreased blood pressure or cholesterol. Use the benefits as a source of motivation to help overcome your barriers.

