



A mindful checklist for making Lasting Change

While some of us fall naturally into new patterns, others like to take a more driven approach. Oftentimes we tend to be too hard on ourselves about meeting an unrealistic standard of perfection, so keep in mind that this guide is meant to be practiced in conjunction with unconditional self-love and a generous amount of forgiveness. With that said, here are some science-backed strategies for making lasting change.

Setting your Intentions:

Use this space to outline a goal for what you want to change, by cutting out something that isn't helpful any longer and replacing it with something new. The more specific you can get with visualizing your goal, the more concrete your approach to achieving it will be. Keep in mind that you must first let go of things that no longer serve you in order to make room for the new, positive additions.

To let go of: 

To add: 

Achieving your Goals:

1. Don't just make resolutions... really dig deep to understand why you want/need to make adjustments. Understanding what's motivating your goals can create a more mindful and effective approach.

What might be the main reason(s) behind your desire to change in this specific way, and how exactly do you envision such a change having a positive impact?

2. Focus less on your goals and more on the systems you need to reach them. Goals work and feel best when you build a traversable path to reach and maintain them. For instance, systems like setting timers or reminders on your calendar are practical ways to invest in your goals.

What systems/structures will you nurture in order to support progress?

3. Get specific, start small, and build slowly on your wins. It's easy to feel defeated when we try to tackle the world, so set yourself up for success by making your goals manageable and making progress one step at a time. For instance, eating more fruit to substitute processed sugars.

What is a reasonable first step, and what building blocks might follow in time?

4. Talk about it! Science shows that talking about your goals, progress, and hangups can be a huge help in holding yourself accountable, maintaining motivation, and working through roadblocks.

Who will you talk to about your goals, progress, and hangups?

5. Consider the way you talk to yourself. Treating yourself with love and respect is the most important step in the self-care journey. When you slip up, remember that growth is non-linear and take a moment to appreciate the work you have already done before jumping back in.

How would you currently describe your inner voice, and in what ways could it be more constructive?
