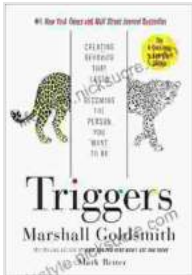


Creating Behavior That Lasts: Becoming the Person You Want to Be



Triggers: Creating Behavior That Lasts--Becoming the Person You Want to Be by Marshall Goldsmith

★★★★☆ 4.6 out of 5

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Have you ever set a New Year's resolution only to find yourself falling back into old habits a few weeks later? Or maybe you've tried to change a behavior like eating healthier or exercising more, but you just can't seem to stick with it.

If you're struggling to create lasting behavior change, you're not alone. According to research, only about 8% of people are successful in keeping their New Year's resolutions.

The good news is that it is possible to create lasting behavior change. It just takes time, effort, and the right approach.

The Science of Habit Formation

To understand how to create lasting behavior change, it's helpful to first understand the science of habit formation.

Habits are formed when we repeat a behavior over and over again. When we do this, our brain creates a neural pathway that makes it easier to perform that behavior in the future.

The more we repeat a behavior, the stronger the neural pathway becomes. This is why it can be so difficult to break bad habits and why it takes so much effort to create new ones.

Common Pitfalls of Behavior Change

There are several common pitfalls that can prevent us from creating lasting behavior change. These include:

- Setting unrealistic goals
- Trying to change too much too soon
- Expecting perfection
- Giving up too easily

Strategies for Success

If you want to create lasting behavior change, it's important to avoid these common pitfalls and follow these strategies:

- Set realistic goals
- Start small and gradually increase the challenge
- Be patient and persistent

- Reward yourself for your progress
- Don't be afraid to ask for help

Set Realistic Goals

One of the most important things you can do when trying to create lasting behavior change is to set realistic goals. If you set your goals too high, you're more likely to get discouraged and give up.

Instead, start with small, achievable goals. For example, if you want to start exercising more, don't set a goal of running a marathon next month. Instead, start by setting a goal of walking for 30 minutes three times per week.

Start Small and Gradually Increase the Challenge

Once you've set realistic goals, it's important to start small and gradually increase the challenge. This will help you avoid getting overwhelmed and discouraged.

For example, if you're trying to eat healthier, don't try to overhaul your entire diet overnight. Instead, start by making small changes, such as adding a serving of fruit to your breakfast or lunch.

Be Patient and Persistent

Creating lasting behavior change takes time and effort. There will be setbacks along the way, but it's important to be patient and persistent.

Don't get discouraged if you slip up. Just pick yourself up and keep going. The more consistent you are, the sooner you'll reach your goals.

Reward Yourself for Your Progress

Rewarding yourself for your progress is a great way to stay motivated and on track.

When you achieve a goal, no matter how small, take some time to celebrate your success. This will help you stay positive and motivated to keep going.

Don't Be Afraid to Ask for Help

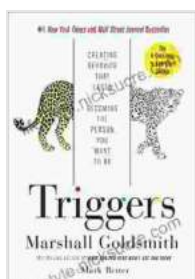
If you're struggling to create lasting behavior change, don't be afraid to ask for help. There are many resources available to help you, such as friends, family, therapists, and support groups.

Asking for help is a sign of strength, not weakness. It shows that you're committed to making a change and that you're not willing to give up.

Creating lasting behavior change is not easy, but it is possible. By following these strategies, you can increase your chances of success.

Remember, the most important thing is to be patient and persistent. The journey to becoming the person you want to be is a marathon, not a sprint.

So don't give up. Keep going. And eventually, you will reach your goals.



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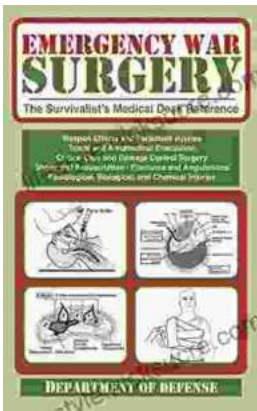
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