


How to Make a Change and Actually Stick to It

So, you want to make a change. Nice!

Change can be fun and exciting and helpful, but it can also be a little (or a lot) overwhelming. Pausing to reflect on a few things before you overhaul any aspect of your life is generally a good idea. Let's walk through some thought exercises to help you figure out how to make a change, stick with it, and feel great about it.



What exactly do you want to change?

Get specific about the habit you want to set or the goal you want to achieve.



What's your why?

Think about why you want to set this goal, establish this habit, or make this change.

What are your north stars?

What do you value the most? If you're drawing a blank, here are a few that may resonate with you: family, friendships, romantic relationships, career, education, finances, spirituality, play, curiosity, etc.

How does this change, goal, or habit align with your values?

If it aligns with more than one of your north stars, even better.



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Let's set some benchmarks.

What's already working (and what's not working) when it comes to making this change?

What are some strengths you have that you can leverage? Not sure? Think about what a friend, family member, or colleague might say about you.

How will you know you are making the change you want to? What will look different?

Finally, what does success look like?

Imagine yourself at the other end of your goal, the change you want to make, or the habit you want to build. What would it look like? What would it feel like? How would you reflect on it? How would it propel you to more growth or change in the future? Imagine it, draw it, or write it down in as much detail as possible.



Meet The Expert

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