

## Commitment for Long-Term Change

Creating long-term change can be difficult. Often we are trying to change behaviours that have been learned and reinforced for years. When we have clear goals that we keep in our awareness on a regular basis, we are much more likely to keep making the daily choices that will help us reach those goals over time. Over time this behavior becomes a lifestyle and it will become more difficult to slip back into old unhealthy behaviours. Remember that using supports and resources are a big part of a healthy lifestyle.

What goals would you like to set and what supports/resources will help you achieve these goals:

Month	Goal	Supports/Resources
3 Months		
6 Months		
9 Months		
12 Months		