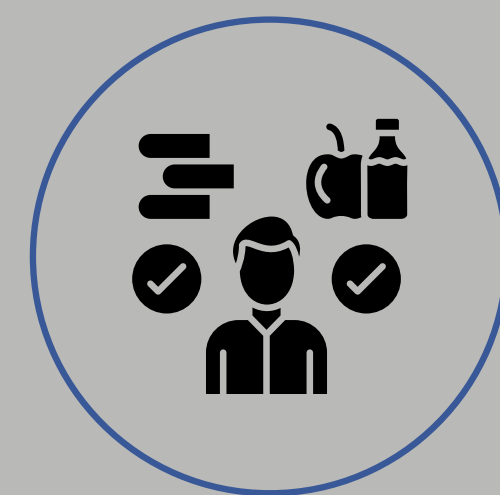




# Create Good Habits



Adopting new habits can be hard. It can take a while before they become a part of your daily routine, and you may experience some roadblocks. After a while, if you stick to these changes, they will become a part of your new daily routine.

## Four Stages

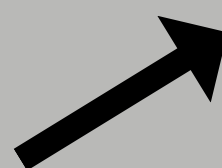
### Contemplation:

- Have been considering change but aren't quite ready to start.
- Believe that your overall well-being will improve if you develop new habits.



### Preparation:

- Have decided that you are going to change and are ready to take action.
- Have set specific goals that you would like to meet.



### Action:

- Have been making the behavior changes in the last six months or so.
- Have been trying to overcome barriers that sometimes block your success.



### Maintenance:

- Changes have become a normal part of your routine.
- Have had slip-ups and setbacks but have been able to get past them and make progress.

### Track your progress:

- Tracking your progress helps you spot your strengths.

### Overcome roadblocks:

- Ask a friend or family member for help if you need it.

### Reward yourself:

- Pat yourself on the back and remind yourself of how good you're doing when something negative is presented.

This information does not provide medical advice, diagnosis or treatment. It should not be used as a substitute for health care from a licensed healthcare professional. Consult with your healthcare provider for individualized treatment or before beginning any new program.

<https://www.niddk.nih.gov/health-information/diet-nutrition/changing-habits-better-health>.  
<https://www.behaviormodel.org>