

## **CORE SKILL #8: COMMITMENT**

Improving your well-being usually happens one *planful* step at a time.

Once you assess your current well-being and decide what is important to you to change, what next?

Deciding on and sticking with a commitment to behavior change is more likely to happen when certain steps occur.

### **TOOLS**

#### **What are your own core values?**

Identify your health and well-being values and goals. Think about both your *current* and your *desired* 'state' of well-being.

#### **How important is it to you?**

Identify how important it is to you to make a certain change.

*If you have a goal, but it is not currently important, can you set a date to re-examine it in the future?*

Explore fully the pros and cons of making a change before you embark on it.

Start with the Cons! That way you can end your self-talk on a positive note.

Doing this with another person can be even more helpful.

#### **How confident are you?**

Identify how confident you are that you can make the change.

What could increase your confidence level?

Brainstorming with a partner can help here, too.

#### **“SMART” goals**

What are daily/weekly action steps to achieve your goal? Do the exercise on the following page.

This is a communication tool that can help you to be more effective with your patients, too, to motivate sustainable behavior change. And many senior physicians find they are already using it with patients, just not with themselves.