

FIRSTBEAT



FIRSTBEAT WELLNESS PROGRAMME

Making and sustaining lifestyle changes seminar

Agenda

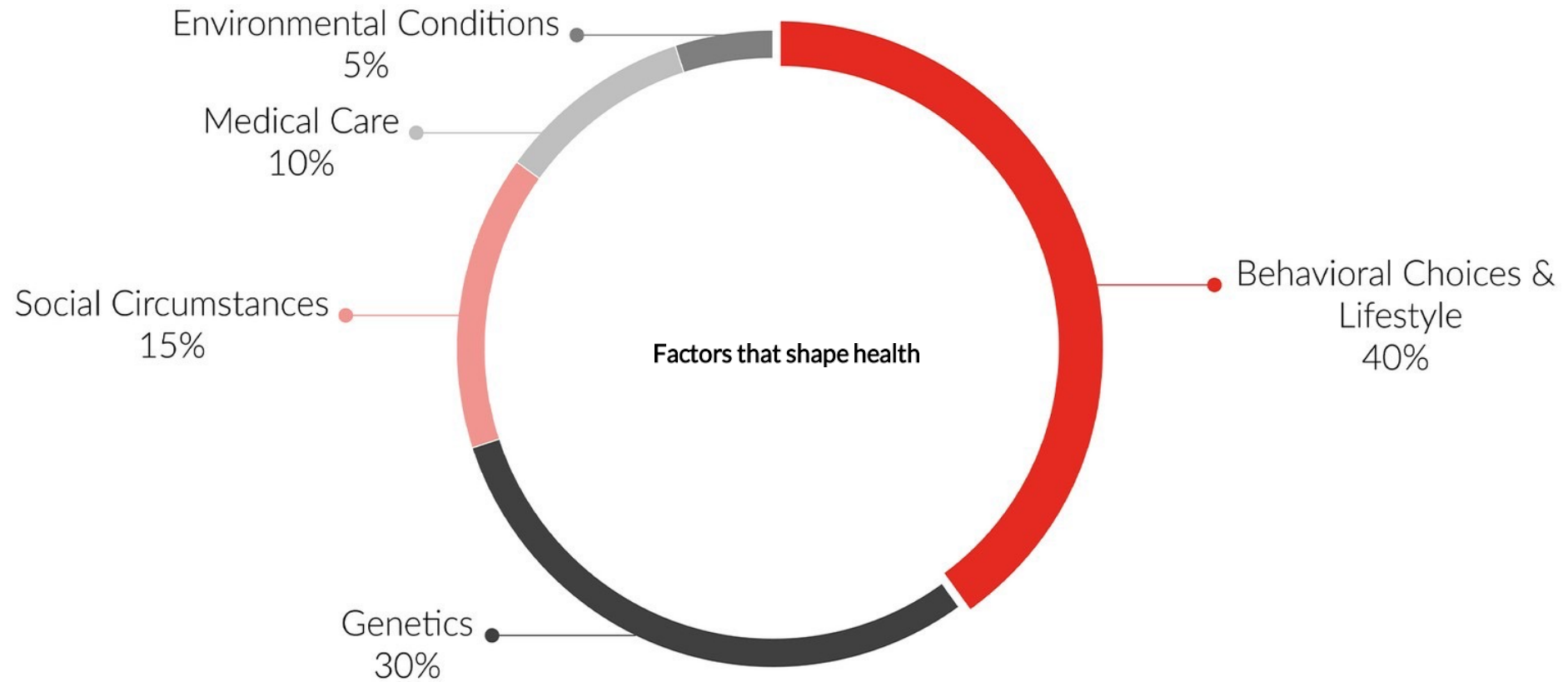
- Check-in
- Power of lifestyle
- Lifestyle / habit change concepts
- Practical strategies
- Q&A



Check-in



The power of lifestyle



McGinnis & al, 2002

Source: McGinnis et al (2002). The Case For More Active Policy Attention To Health Promotion. Health Affairs, 21 (2): 78-93

~~Metamorphosis~~

Small adjustments = BIG impact

With only a handful targeted lifestyle changes:

LIFESTYLE
ASSESSMENT
SCORE



12/2019



05/2020



Take micro-recovery breaks during the day



Adopt a good sleep practice



Avoid late afternoon / evening exercising

“BOTH + AND” Choice model

Modern living:

Live life to the fullest and
leverage the advantages
and progress modern
living offers us

BOTH



Ancestral living:

While adopting key lifestyle
elements of our ancestors
to allow our ancient
psychophysiology to
function optimally

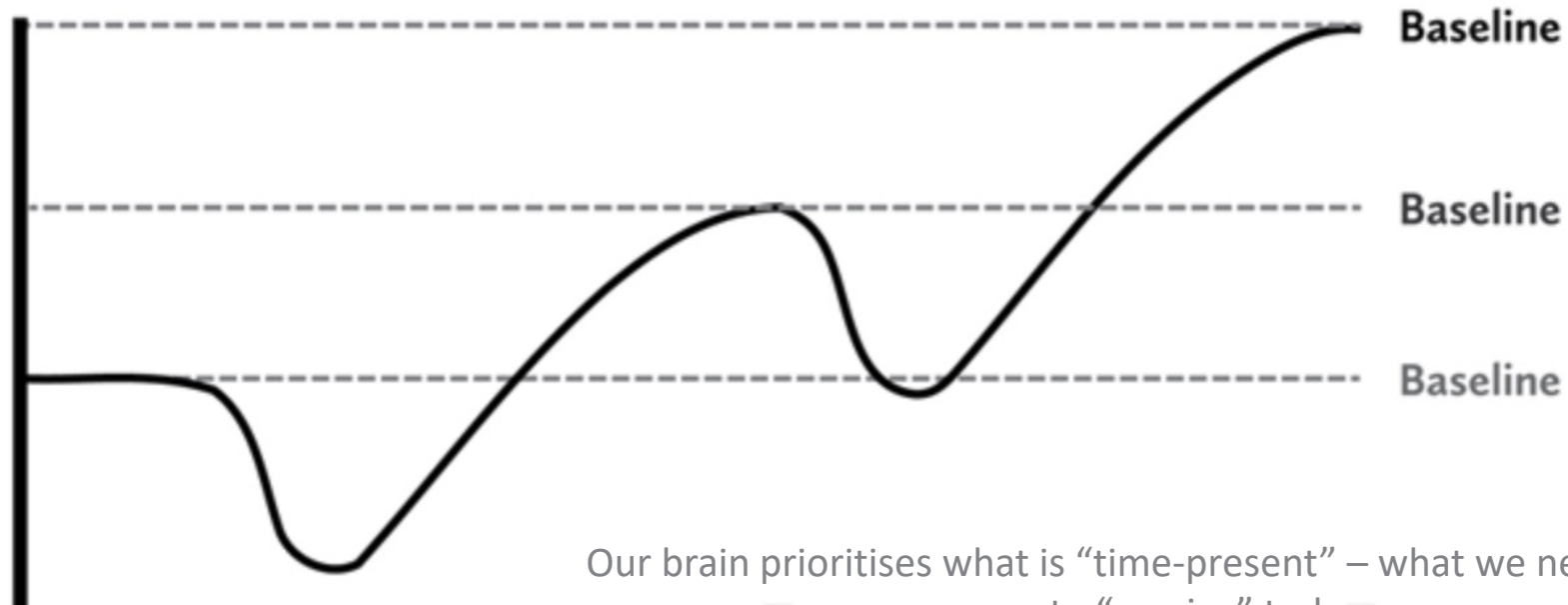
AND

*“Helping individuals to identify 'healthy lifestyle choices' is only half the story because **these choices are the product of our sense of identity, our environment and wider societal influences.**”*

- Adapted from Australasian Society of Lifestyle Medicine



Our brains have evolved 'default-wiring' that's designed to keep us ***alive***, not to make sure we ***thrive***.

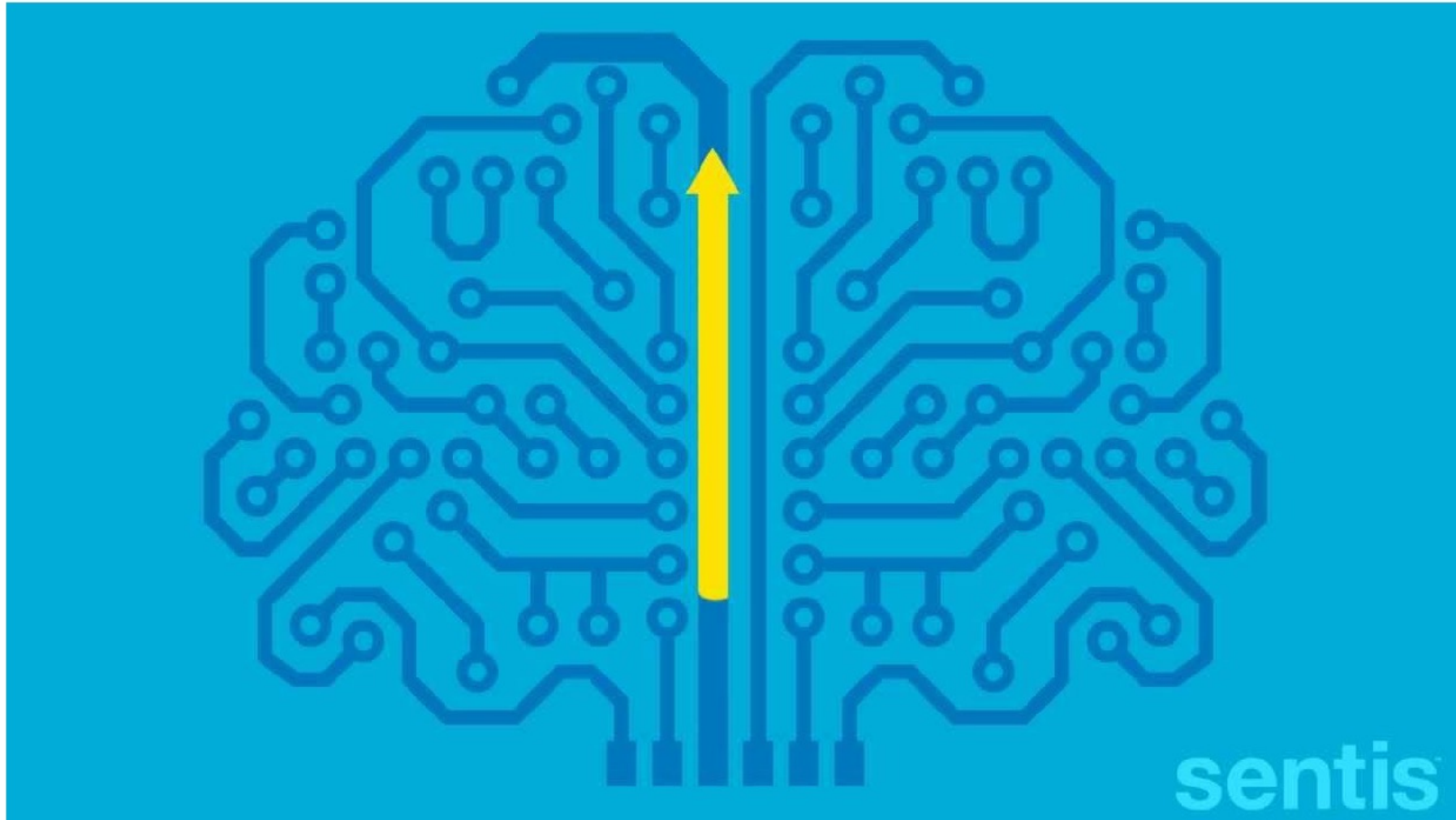


Our brain prioritises what is “time-present” – what we need to get done to “survive” today.

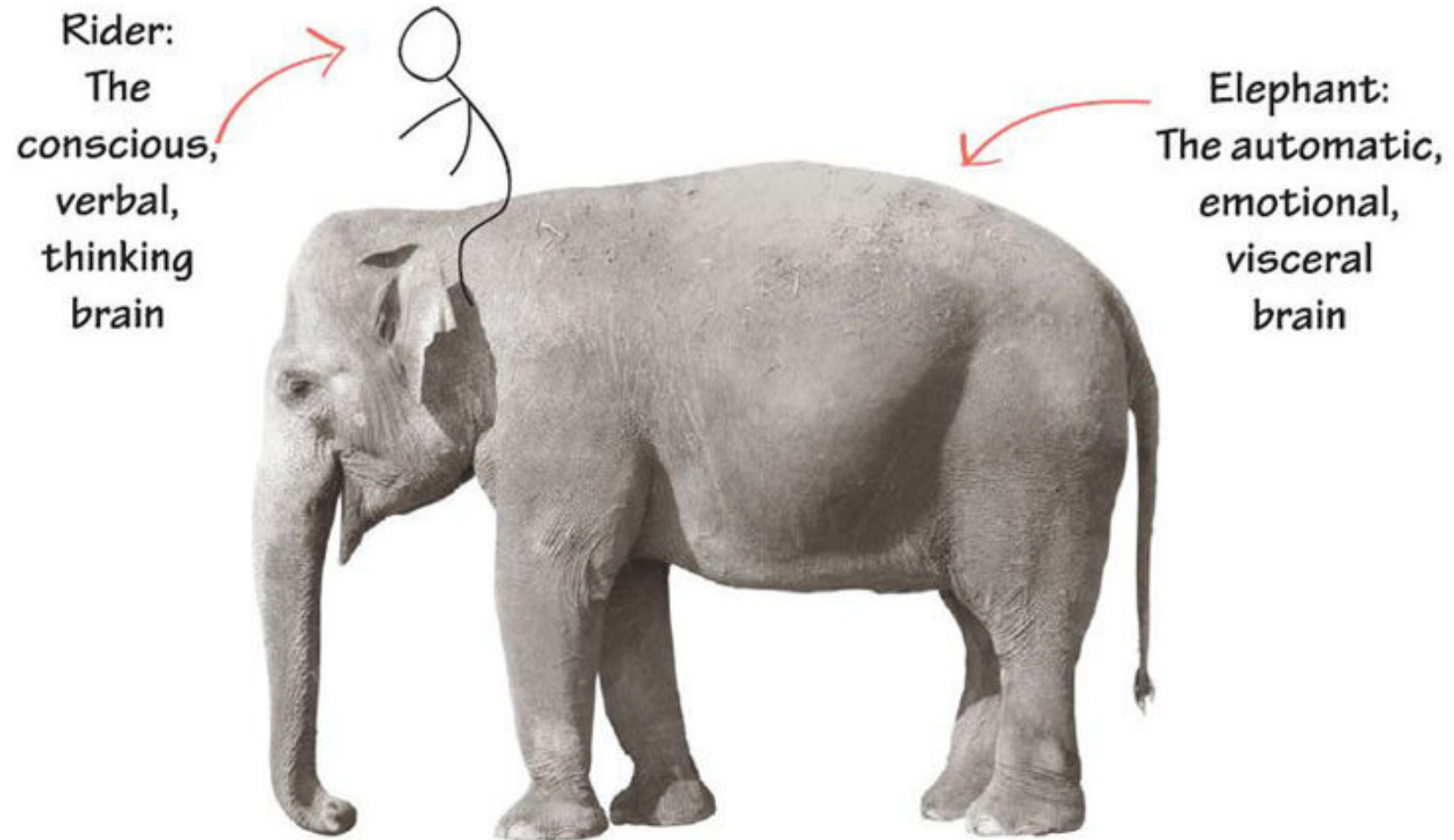
Our capacity for adaptation is immense and almost anything can become a new 'normal' if we're exposed to it (long) enough.

Habit forming is functional

It just doesn't always serve us that well!

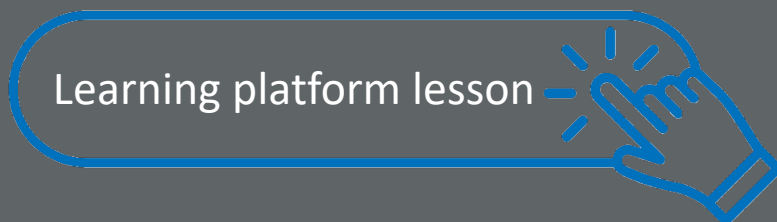


Elephant & rider metaphor



Readiness Ruler

An honest reflection on & boosting the importance of, confidence in and readiness for positive change



Importance

On a scale of 1 to 10, with 1 meaning “not important at all”, and 10 meaning “couldn’t be more important”, here is how important making these changes are to me:

1	2	3	4	5	6	7	8	9	10
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_____ is what makes it this important to me

The importance level would be even higher _____

Confidence

On a scale of 1 to 10, with 1 meaning “not confident at all”, and 10 meaning “as confident as can be”, here is how confident I am that I can make and sustain these changes:

1	2	3	4	5	6	7	8	9	10
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I can boost my confidence by _____

Readiness

On a scale of 1 to 10, with 1 meaning “not ready at all”, and 10 meaning “ready to go right now”, here is how ready I am to start making these changes:

1	2	3	4	5	6	7	8	9	10
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If I knew with absolute certainty that _____ my readiness would be a 10!

FIND YOUR MOTIVATIONAL FORCE

Start with what has
worked in the past!



FIND YOUR MOTIVATIONAL FORCE

**Start with what has
worked in the past!**

Learning platform lesson



Reflect on a time in your life when you successfully achieved a goal / generated habit change and probe into these questions:

- in one or a few words what made you succeed?
- how can you leverage this with your current goal?

Deeper dive questions:

- what were the key conditions that enabled this change to be successful and sustainable?
- what provided you with the motivation and energy to change in the first place?
- what made “not making the changes” simply not an option?
- what enabled you to overcome barriers?
- what strengths did you tap into and leverage to stick with the habit changes?
- what nudged you back on track when needed?

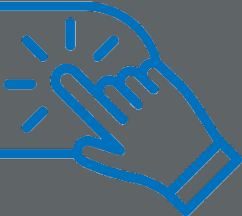
You signed up for the programme so you have a desire to improve your health, wellbeing and / or performance!

But why?

What is the higher level benefit, value, aspiration or purpose that's ultimately the reason why you are wanting or needing to enhance these aspects of your life?

In other words, what is really important to you that you can't currently access / fulfil / achieve?

Learning platform lesson



"Once I get more recovery during sleep, I will feel more rested and energised so that I can take on the study I have been wanting to do for the last five years. This will enable me to role model to my kids the important value of life-long learning"

TEAM UP

Publicly committing, adopting a healthy lifestyle with others and supporting each other significantly boosts your likelihood of success

ILLNESS ⇒ WELLNESS

If your partner becomes physically active you are 5 times more likely to become physically active as well!



Learning platform lesson

- Having an idea or goal: 10%
- Consciously deciding that you will do it: 25%
- Deciding when you will do it: 40%
- Planning how to do it: 50%
- Committing to someone that you will do it: 65%
- **Having a specific accountability appointment with someone you've committed to: 95%**



LEVERAGE THE POWER OF NUDGE

Learning platform lesson



A nudge is any aspect of a choice architecture that alters people's behaviour in a predictable way without forbidding any options or significantly changing their economic incentives. To count as a nudge, the intervention must be easy and cheap to avoid. Nudges are not mandates. Mandates we fight and resist, a gentle nudge with freedom of choice we welcome.



AVOID THE COMMON PITFALLS

**"You do not rise to the level of your goals.
You fall to the level of your systems."**

- James Clear

Pitfall 1: Trying to change many habits / everything at once.

Solution: Pick one habit and do it well. Use this quick win as energy for more positive change

Pitfall 2: Taking on the biggest / hardest / ugliest habit first.

Solution: Break it down, pick one you know you can stick to and make it "so easy you can't say no".

Pitfall 3: Not changing your environment.

Solution: Create an environment that nudges you to make healthy lifestyle choices and promotes accountability.

Pitfall 4: Sledgehammering (all or nothing approach).

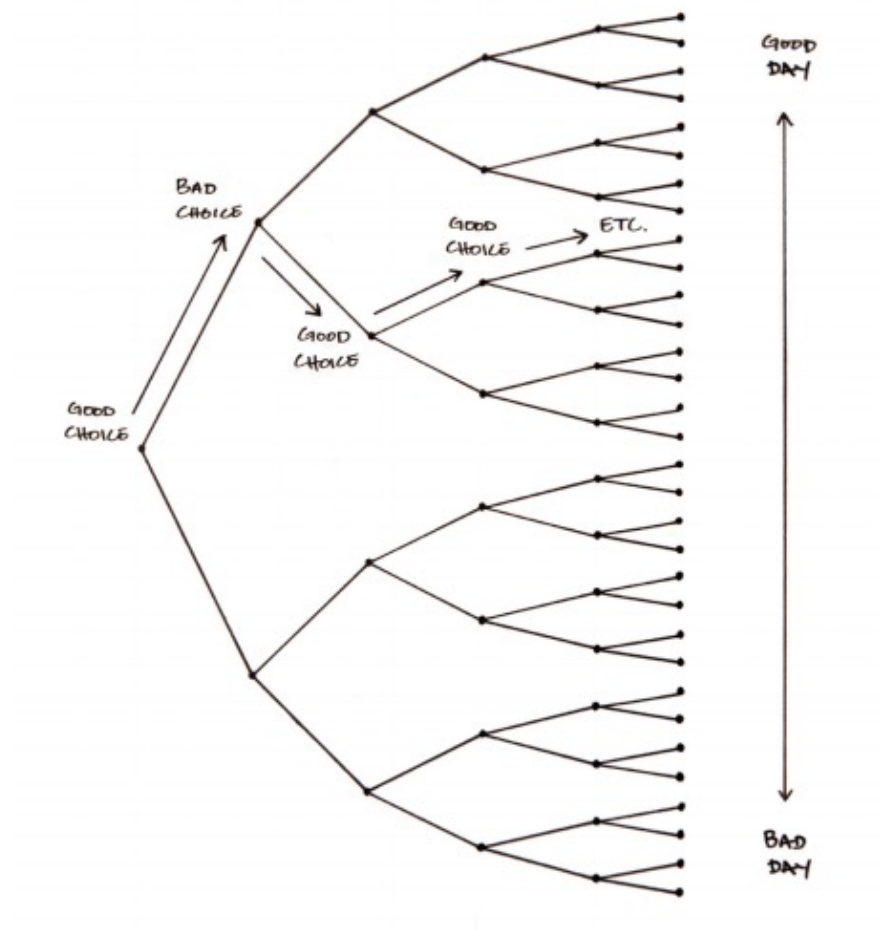
Solution: Celebrate (mini) successes and practice self-compassion when you slip up.

AVOID THE COMMON PITFALLS

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Pitfall 5: Letting the first habit of the day slide.



Solution: Success breeds success. Get the first new habit off the day of to a good start, which paves the way for the next choice to be a positive one as well.


INTEGRATE NEW (TINY) HABITS INTO EXISTING ROUTINES

"If you pick the right small behaviour and sequence it right, then you won't have to motivate yourself to have it grow. It will just happen naturally, like a good seed planted in a good spot."

- BJ Fogg

Tiny Habits Recipe Card

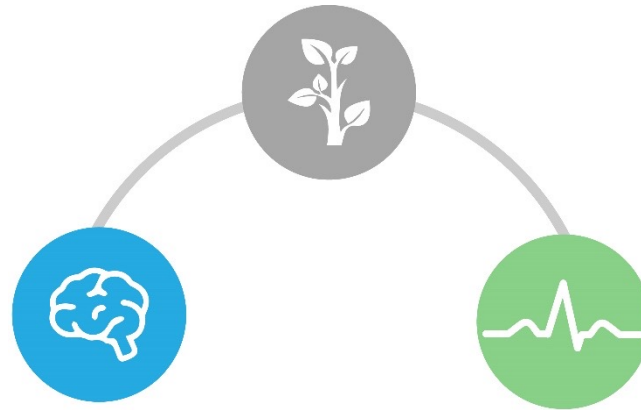
Create a recipe for your new habit.

After I . . .	I will . . .	Then, I celebrate!
<div></div> <p>Anchor Moment</p> <p>An existing routine in your life that will remind you to do the Tiny Behavior (your new habit.)</p> 	<div></div> <p>Tiny Behavior</p> <p>The new habit you want but scaled back to be super tiny - and super easy.</p> 	<div>  </div> <p>Celebration</p> <p>Something you do to create a positive feeling inside yourself.</p> 

Note: Feel free to revise.

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Q&A



Transformative *Insights*

THANK YOU

www.transformativeinsights.co.nz

