

Learning New Habits



If you have a chronic condition or other health problem, your doctor may ask you to make changes in diet, exercise, and other habits. You may also need to take medications regularly.

Learning new habits can be hard. It helps to start with small steps.

Think about what is keeping you from changing and small steps that would help you make the change.

New Habit

What Keeps Me from Changing

Small Steps I Can Try

Example: Take medicine.

I forget to take pills.

Put pills next to breakfast cereal.

Set alarm to remind me to take pills.

Example: Eat less fat.

I usually eat lunch out.

Order lower fat foods, such as chicken without the skin, salads with dressing on the side, fruit or low-fat frozen yogurt for dessert.