Beehive's behaviour change challenge

'We are what we repeatedly do. Excellence, then, is not an act, but a habit.' - Aristotle

Behaviours are simply habits we get into, some of which are more helpful than others. Behaviours can be changed like any other habit - stopping smoking, biting nails, exercising more, spending less, eating healthier food etc are all examples of habits humans change regularly. There is no magic to behaviour change, just application. Here is a 5 step process which can help you to change your behavioural habits:

1. **Start with just one behaviour/habit - change one at a time.** Start small and keep it clear but simple. Choose a change that will have a big impact for a little effort.

2. **Know why and for whom you're changing and the consequences of not changing.** If your reasons for doing it aren't strong or don't come from you, or if the consequences of not changing are insignificant or unimportant to you you are less likely to be successful.

3. **Be prepared - identify what triggers the unhelpful behaviours and other obstacles to success.** For each plan for how you will avoid/overcome them right from the beginning

4. **Tell people - friends, colleagues etc - what you are doing and what you want to achieve so you are accountable.** Ask for their support and feedback.

5. **Focus on changing the habit/behaviour everyday for a month**

Ten tips to help you achieve success:

1. **Don't start right away** – plan, prepare, tell people, get a support system established
2. **Be mindful of what you do** – prepare, reflect, review
3. **Ask for support**
4. **Become aware of negative self-talk** – create a positive mantra instead
5. **Prepare for internal and external 'sabotage'** – eg negative self-talk or others who may undermine you
6. **Visualise success**
7. **Recognise and celebrate successes** – that creates the motivation to carry on
8. **Get rest, drink lots of water, eat healthily** – if we're under stress our commitment reduces
9. **Renew your commitment often** – remind yourself why you're doing it
10. **If you slip up figure out what went wrong, plan for it, and try again**