

"Having to pay for the gym really motivates me to go. It's not necessarily because I'm super motivated to do physical activity.. It's just that I've invested so much into it, I go. So that works for me."

Behavior change technique

Anticipated regret

Having money on the line can be a huge motivator. The anticipated regret of losing the money helps change behavior.

Maybe its worth signing up for a paid course? Or betting a friend 5€ on whether or not you can achieve your goal?

"What really works for me is keeping a journal. I keep note of how I feel each week and what I did. It really helps me to reflect."

Behavior change technique

Self-monitoring of behavior

Monitoring your behavior through a log-book, App or other means can help in reflection and maintaining behavior change.

What is an easy way for you to monitor your own behavior?

"I lay out my yoga mat the night before. That way I see it in the morning and I can just roll right onto it."

"I placed a lock on the snack cabinet. Of course I could get the key if I really want some, but that extra hurdle works for me!"

Behavior change technique

Restructuring the physical environment

Adding cues or prompts to your environment can facilitate performing the wanted behavior.

Alternatively you can create barriers to prevent unwanted behavior.

How can you add triggers or barriers to help you achieve your goal?

"I started going jogging with a friend. I really notice that that makes all the difference for me. Alone I wouldn't be able to keep it up."

"I asked my girlfriend to watch that I stick to my goal."

Behavior change technique

Social support

Adding a social component can be an extremely effective way to change behavior. Making a commitment to others, often holds stronger than one made to yourself.

How can you involve others to support you where needed? Can you ask someone to act as a referee for your quest?

"I switched out the sugary snacks for fruit. My body expects something sweet after dinner, and this is the healthier option for me."

Behavior change technique

Behavior substitution

Try substituting an unwanted behavior with a more desired or neutral behavior. Switching behaviors might be easier than simply quitting an unwanted one.

"What really worked for me is having to sign up to the yoga class the day before. Then I was committed. Deciding on the day itself was not working..."

Behavior change technique

Commitment

Making a commitment, be it verbally, through writing, or signing up for a yoga class, is an effective step to changing behavior.

How can you solidify your commitment? Tell someone about it? Sign up to a class in advance?

"I printed out a seasonal calendar - I should have done this months ago. It has all the information about what vegetables are in season, and I look at it when planning my meals"

"I wanted to eat less meat, and I found that the key moment to intervene is when I write my weekly grocery list"

Behavior change technique

Finding the opportune time / place

Find the opportune time / place when it would be best for you to do that behavior. Or, when trying to break a habit, identify the "dangerous" times when you might fall into your old behavioral habit that you are trying to reduce.

"What worked for me is just blocking a time slot in my calendar and having a reminder for it through my phone."

Behavior change technique

Define a trigger

When and where would it be most helpful for you to receive a trigger for your desired behavior? What medium would be best to deliver this trigger?

For example, create a calendar reminder, a scheduled phone call from a friend, or a post-it note in a good location.

Behavior change technique

Conserving mental resources

Minimizing demands on mental resources can facilitate behavior change. Can you make information you need more accessible? Or place things in a way that you automatically do the behavior, instead of first having to convince yourself?