

ready to
change
your way to better health



Staying motivated



It's important to think about what motivates you to continue making any changes to your healthy eating.

It is easier to maintain changes if you have at least one thing that motivates you.
For instance:

- Being satisfied and happy with what you have achieved.

For example, you're now eating a healthier balanced diet and feel good about it.

- Enjoying doing that new behaviour, such as cooking using healthier ingredients or methods
- The new behaviour is more in line with who you are or what you believe in

It may be useful to think about these motivators and how they are relevant to you.

You can fill the following statements in with your own motivators.

The thing I am most satisfied about with my new healthy eating choices are:

The thing I am most enjoy about my new behaviour is:

My identity, beliefs and values matches my new behaviour of: