

## Positive Effect Leadership Introduction: Behavior Change

When we want to improve or get better at something, we are changing the way we behave. Doing things differently can be a challenge, but there are some things that can help us.

### **Power of Choice**

The power of choice is one of my favorite topics because it has the potential to dramatically change people's lives. Many of us, myself included, have a tendency to fall into a victim mentality. We say, "Oh, I have to do this" and "I have to do that." In reality, most of the things that we do are choices.

The key is to make choices intentionally. We must decide where we want to go, what we want to accomplish, and who we want to be. Using those decisions as a guide, we intentionally choose actions, attitudes, and perspectives that will move us closer to those goals. It's important to remember that we are not victims of circumstance. We can always choose how we think and what we do.

### **Use Willpower Wisely**

We only have so much willpower each day. Any of us that have tried to diet know that our weakest time is in the evening. It's because we have used up our willpower by then. So how do we incorporate a new behavior into our lives? We apply some willpower for a while and turn those actions into habits.

For example, let's say that I want to exercise three times a week. If I don't have set times to exercise, I battle with myself every day about when and what time. Often I end up not exercising at all! However, if I write down set times to exercise in my calendar and stick with them, I will incorporate the times into my schedule and life. After about a month, exercise is a habit, and I don't have to use any more willpower on it. Then I can move on to another new behavior.

### **Find Your Big Why**

It's important to know why your priorities and goals are important to you. In other words, it's important to know your Big Why.

Our Big Why is the underlying heart reason for wanting to do something. We find it by asking ourselves over and over why we want to accomplish or do something until we find a reason that feels truly motivating. There is usually some excitement in our voices when we talk about our Big Why.

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Additional Ways to Support Behavior Change:

### **Write It Down**

You increase your chances of achieving a goal if you write it down. You can increase your chances even more by putting the goal where you will see it often. No one knows exactly why it works, but it does so write it down!

### **Tell Others**

Share your goals with others. Let the people around you know what you are trying to accomplish. Accountability is a powerful motivator.