



LESSON 8: COMMITMENT **STRATEGY**

TALKING POINT: This is the “willpower” strategy. Please notice that this is only ONE of 10 strategies for creating habit change. But it is almost the only strategy most personal change programs rely on to help people change.

EXAMPLE: We all have things in our lives that encourage us to feel positive. A cup of hot tea, a walk in the woods, a jog on a cool morning, a good book in a comfy chair, a movie, a poem, washing the car, or a prayer. By using these consciously, we are strengthening our willpower.

QUESTIONS: Around the room, give an example of a person, place, thing, or activity that you can almost always rely on to boost your motivation. We call them “energizers”.

Does someone have an example of how they keep these in mind and use them just when you need a boost? [Running to music is an excellent example of this technique!]

OPTIONAL TALKING POINT: The problem with willpower is that you just can’t wish it into existence. You would have to have the willpower *first*. Right? A key activity is to clarify how one part of you stops another part of you from pursuing the goals it creates.

QUESTION: Around the room, what is the most common way you stop yourself?

TALK ABOUT DURING THE RUN

AND/OR HOMEWORK: In the past, what have you done that has been very successful in getting you through the tough times? How easy would it be to recall that success & apply it to your current habit change?

READING from The Beginning Runner’s Journal: Pp. 10-14; 20-24

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