



LESSON 2: NO & YES

TALKING POINT: We improve our chances of successful habit change by wanting to let go of a habit we DON'T want AND, at the same time, wanting to acquire a NEW habit.

EXAMPLE: It's great if you want to quit smoking but you are more likely to be successful if you ALSO want to run in the Sun Run. Let go a bad habit AND bring in a good habit.

OR, it's great that you are motivated to run in the Sun Run! IN ADDITION, it will help you to keep in mind what you want to STOP doing. A NO habit & a YES habit.

QUESTIONS: If completing the Sun Run is your YES habit, what is the habit you want to stop, your NO habit? [E.g. sitting around the house eating a fattening breakfast]

If your goal was to lose weight, a NO habit, what could be a YES habit? [E.g. feeling a sense of accomplishment]

Can anyone explain why having a YES & a NO is better than just one or the other? [It doubles your incentive to change.]

OPTIONAL TALKING POINT: There is a part of us that truly loves our “bad” habits. That's why we have them. If we don't accept this fact, we won't ever truly face the power the “bad” habit has over us.

QUESTION: Being truly honest with yourself, what do you love about NOT changing?

TALK ABOUT DURING THE RUN AND/OR HOMEWORK: As you go through the coming week, remind yourself over and over again what you DON'T like about keeping a specific “bad” or NO habit and what excites you about having a new YES habit in its place.

READING from The Beginning Runner's Journal: Pp. 8-11.

FOR MORE INFORMATION: Go to www.habitshift.com or www.sportmedbc.com/habitshift