



## **LESSON 9: NEW ME & NEW CHOICES STRATEGIES**

**TALKING POINT:** The New Me Strategy means to solidly connect the habits you want to acquire to your highest values & even your identity as a person. Imagine how that makes it more likely you will keep the habit if it is a part of who you are!

The New Choices Strategy is a commonly used technique of substituting one activity that is not helping you with an activity that does.

**EXAMPLE: New Me** – If fitness is a part of who you are rather than just an activity you struggle to schedule into your life, you will likely stay more fit. Fitness becomes part of your value system exactly the same as honesty, family & the rest of your values. It helps define who you are.

**New Choices** – When you walk into the room where the TV is, & you want to watch less TV, keep the remote out of site & instead, have your favourite magazine or book where you would normally sit.

**QUESTIONS:** How would your life change if fitness were as important to you as your most cherished value is now?

You are substituting the InTraining program on Saturday mornings for whatever it is you normally do on a Saturday morning. What would you normally do now if you weren't here? Is this a good substitution?

**OPTIONAL TALKING POINT:** The point of substitutions is that instead of simply NOT doing a behaviour you don't want, you do that PLUS you START something very specifically designed to take its place.

**QUESTION:** Can you think of some reasons why this is an effective technique?

**TALK ABOUT DURING THE RUN AND/OR HOMEWORK:** What additional opportunities do you have for making simple but specific substitutions?

**READING** from The Beginning Runner's Journal: Pp. 11-12; 47-51

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