



The best angle from which to make a healthy change is the try-angle.

- **Decide what YOU want to achieve.** Focus on what matters to you, not what someone else wants you to do.
- **Choose something you can achieve.** If you give yourself less than a 7 out of 10 likelihood of reaching your goal, look at ways to break down the barriers or choose something you are confident you can accomplish.
- **Decide what you will do to achieve your goal.** Make it Action-Specific. Examples are, “I will drink water instead of soft drinks at lunch for at least 4 days a week” and “I will walk 30 minutes a day after dinner in my neighborhood at least 3 days a week.”

Plan it. Do it. Be well.