

Creating Behavioral Change that Lasts

GoSkills online course syllabus

Skill level

Beginner

Lessons

17

Pre-requisites

No prior experience needed

Video duration

55m

Estimated study time

55m 4s

Instructor

Ramona Shaw

Introduction

1 Change that sticks

The Recipe for Change

2 What you want to change

In order to effectively make any change, you must first get clear on exactly where you want to go.

3 Your reasons for change

We often fail to make changes because we don't have a rich enough sense of why we need to make the particular change.

4 How changes happen

Change can come in several different forms, so it's important for you to avoid comparing your path to others.

5 Neuroscience of change

It's scientifically proven that your brain will stick to inefficient, but familiar behaviors unless you break the pattern.

6 Obstacles to change

As you work to incorporate change, you'll find that your brain will fight to stay the same.

What's Driving You

7 Why changes fail

Many struggle to make changes to their habits and behaviors, but why do you think that is?

8

Motivators and drivers

Motivators, though not always obvious, are the reason why you do what you do.

9

Emotional stamina

Making a change requires you to be uncomfortable at first, and this can often be discouraging.

Making Change Happen

10

Taking manageable steps

An important way to achieve the targets that align with your vision is to make progress towards building the habit or goal.

11

Identify your trigger

Whenever you take an action, your brain issues a cue or trigger that incites said action.

12

Prepare your reactions

Just like when you practice ahead of a big presentation or speech, preparing your reactions to specific situations can allow you to be more successful at controlling them.

Establishing the Habits

13

Make it stick

Your physiology, your language and your focus influence your behaviors.

14

Reward yourself

Patting yourself on the back is not some fluffy feel-good tactic.

15

Seek feedback

When in the middle of making a change, it can be hard to truly assess the progress you've been able to make.

16

Practice makes perfect

Your mind learns by repetition, so it will take time for your changed behaviors to come naturally.

Next Steps

17

Next steps

Thanks for watching this course! Now, go forth and conquer.

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