

SLOW AND STEADY PROGRESS

How Your Brain Responds to Change

It's never too late to grow, learn and pursue goals. With life experience, we can look back on how we've changed for the better and consider what our own process of change looks like. We can remind ourselves that working toward goals can give us a sense of purpose, no matter how slow our progress.

Take a few minutes to reflect on how you think about change and what goals you might like to pursue. Then answer the questions below to see how Dr. Landry's advice applies to your own life.

1. Why does sustainable change take time and come in small increments?

2. Describe a time in the past that you used persistence, resilience and patience to improve an area of your life or health.

3. The amygdala is the part of the brain responsible for setting off a fear response to the thought of making a big change immediately. How can you circumvent this natural, biological reaction?

4. Name a big goal you currently have. Now ask yourself, "What's the smallest thing I can do to work toward my big goal?"

5. How does it make you feel to imagine making very small, gradual changes over the next year to make progress toward your big goal? Does it give you more confidence about making long-term change?
