

How to Achieve Change

Putting your plan into action.

You've already laid the groundwork for where you want to go, but how do you actually get there? In this stage, we'll help you manage what forms of action you can take and how to best accomplish them.

The Strategy Stage

This will help you understand your needs and how to get things done!

| Establishing Questions | Reflection Space |
|--|------------------|
| <p>What are my subconscious motivators?</p> <p>For example:</p> <ul style="list-style-type: none">- Things in my environment- Media I consume- Internal self-talk- People I interact with | |
| <p>What are some positive words or associations I can use to help me achieve my goal?</p> <p>Things like:</p> <ul style="list-style-type: none">- Affirmations (<i>"I am capable of doing this!" "I am resilient and determined!"</i>)- Visual reminders of positive words (<i>Community, group, friend</i>)- Connecting to people with similar goals or experiences | |

2 How to Achieve Change

| Establishing Questions | Reflection Space |
|--|------------------|
| <p>What kinds of things have gotten in the way of goal setting in the past?</p> <p>Did you ever experience</p> <ul style="list-style-type: none">- Difficulty staying focused- Struggles with organization- Trying to do too much too quickly- Not having a dedicated space or time to work on your goals | |
| <p>How can I avoid things getting in the way of my goals now and going forward?</p> <p>Be honest and reflect! You can help set yourself up for success by:</p> <ul style="list-style-type: none">- Knowing when to step away for a bit and letting your subconscious process- Working on another, simpler task as needed- Avoiding overstimulation and additional stressors- Making changes to your environment | |
| <p>What things do I have control over around me? What things do I NOT have control over?</p> <p>We CAN'T control:</p> <ul style="list-style-type: none">- The weather- Other people- Time- How we feel <p>We CAN control:</p> <ul style="list-style-type: none">- How we respond | |

3 How to Achieve Change

| Establishing Questions Reflection Space | |
|--|--|
| <ul style="list-style-type: none">- Who we engage with- What we prioritize- Bringing an umbrella :) | |
| <p>What are some factors unique to my life that I need to be mindful of?</p> <p>Do I have...</p> <ul style="list-style-type: none">- Mental or physical health needs to accommodate- Financial or lifestyle limitations- Other priorities that are especially time-consuming or energy draining- Stress or complicating factors | |

Basic Mindset

Focus on forming healthy habits.

To achieve change you need to focus on forming healthy habits by having a positive attitude about what you are changing. Sticking to the changes you've made can be one of the greatest challenges, but getting out in front of the potential obstacles will help get you there. Remember why you set out to achieve your goal in the first place and why sticking to these new habits will help.

Mental and Physical Health Considerations

Pretending that depression or chronic pain do not exist when strategizing toward your goal can set up unrealistic expectations that leave you feeling defeated before you start.

- Try to consider situations that can be adjusted around completing goals, and goals that can be adjusted around situations.

4 How to Achieve Change

- Be open and ready to make adjustments whenever needed—it's okay to brainstorm other options.
- Include yourself and your life when strategizing how to complete tasks. This may mean some creative problem solving, but you deserve the best support possible.

Revising and Adapting Goals

In the next [video](#) and [handout](#), we are going to cover what happens when you get further down the road toward your goal and discover the need to adjust your expectations or strategy. We will give you some tools and tricks to adapt and continue moving forward.

More resources

- [This video](#) goes over basic brain facts in an engaging and helpful way. Physician, psychiatrist, and teacher, Daniel Amen, MD, discusses how when factors affect the brain, it affects your life. This includes the discussion of illness, substance use, and our personal environments. Automatic negative thoughts that pop into your mind and ruin your day can be combated by positive changes like the ones suggested in the video.
- For those with ADHD, you may be interested in [Doctor Tracy Mark's video](#) on how ADHD can harm your self-esteem.
- [Another video from How To ADHD](#), she explores how we can have different reactions to change depending on what is causing those changes. Finding ways to cope with stress is an important step forward.