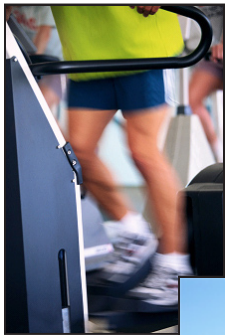


## Take the 1-3-5 Challenge 1 What, 3 Whys, 5 Hows

Do you need some motivation to get started with a healthy behavior change? Do you feel a bit overwhelmed at how to plan out steps toward a long-term goal? Try author and consultant Gary Ryan Blair's 1-3-5 system for setting and reaching goals.



"Think of one *what*, three *whys*, and five *hows*," he says.<sup>1</sup>

"The *what* is the resolution."<sup>1</sup>

"The *whys* are... the 'emotional fuel' behind your decision. If you resolve



to get more exercise, the *whys* may be to have more energy, to increase muscle tone, and to lose weight."<sup>1</sup>

"The *hows* are the ways you'll

accomplish your task. It's here...that being specific and time-oriented are important."<sup>1</sup> Choosing five small steps to get you on your way to reaching your

goal is very doable and less overwhelming than planning your life from now until next year.

You may choose to lift weights at the gym for 30 minutes twice a week, take a step class twice a week, and walk for an hour one day a



week. You may, however, take smaller steps — walk Monday, Tuesday, Wednesday, and Thursday at three 10-minute breaks during work, and go bicycling with your kids on Saturday morning for 30 minutes.



Whatever your goals, try the 1-3-5 system to get you motivated to try.

Remember, "change isn't something that happens in a single stroke; it's a process that develops over time...."<sup>2</sup> Use the worksheet on the next page to start your plan.

### References:

1. Belanger, L (2006). Making – and keeping – new year's resolutions. Retrieved January 5, 2007. From <http://www.nubella.com/content/view/2615/67/>.
2. Health Day News (2006). Motivation key to keeping those get fit resolutions. Retrieved January 4, 2007. From <http://www.healthfinder.gov/news/newsstory.asp?docid=536520>.

# My 1-3-5 Plan

## WHAT

- 1. \_\_\_\_\_  
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## WHY

- 1. \_\_\_\_\_  
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- 3. \_\_\_\_\_  
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## HOW

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- 5. \_\_\_\_\_  
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