Ohio Chapter
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LOOKING FOR MOTIVATION TO CHANGE YOUR LIFE?

Try Looking Ahead!

When talking to patients about how to make positive change in their lives, physicians often use a technique called "Looking Ahead." Looking ahead is about dreaming and using your imagination. And you can do it in a few easy steps.

Pick a goal that you want to meet or a change that someone you trust has suggested to you.

For example:

- I want to exercise every day.
- I will take my medication each morning.
- I will turn off my phone before bedtime.

Take a minute to think about WHY you are considering this change.

Think about things like:

- Why do I want to set this specific goal?
- Why might this be important to my health?
- What is one good thing about how things are not, and one negative thing about how things are now?
- When does my current behavior get in the way?

Now, dream about the change!

Try to envision what life would look like five years into the future because you made this change.

Ask Yourself:

- What changed because I did this?
- Does my life look better?

Think a little deeper about where you are now, and what you envisioned in the future.

Ask yourself:

- What are the positives and negatives of making this change?
- What is one reason I might consider making this change?
- What is something that I don't want adults to mess up?

Now take some time to think about how you might get there. And be honest with yourself.

Ask yourself, "Is making this change realistic?" If not, maybe there is a better goal to consider. **Remember,** it is normal for things to take time to change.

If you think you want to move forward with this goal, talk to some of the adults that you trust in your life. Your parents, teachers, and doctors may have resources to help you!

For more information, please visit:
https://tinyurl.com/29ta2dhr