



# Positive Change

Lesson workbook

Your companion guide

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## General instruction for watching all Zone Positive videos



The “Pause” button is here. If you don’t see this bar on your screen, roll your cursor over the lower left hand corner of your screen and the bar should reappear. Click on the Right Arrow ► to resume watching the video.

**Important Note:** If you want to pause the video and go to another website, open a new window in your web browser. This will enable you to return to the video lesson and resume where you left off.

# What we want to accomplish

## Goals

We aim to give you a deeper understanding of the change process and how it can be used to enrich your life, to move you closer to a state of enduring happiness and well being. Embracing change is one of the most important pathways to getting there.

We will answer several questions:

- What do we know about change, and why is it difficult to change?
- What role do goals play
- What are the stages of change
- Why are strengths so important
- How can I apply all of this to my life?



### Goal setting

What is one goal you would like to accomplish in taking this lesson?

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# Part 1: What do we know about change

Optional reading: Changing For Good- Chapter 1

## Exercise 1

Think back on a time when you embarked on a change. Use this opportunity to self-evaluate the process and outcome. Enter your thoughts in the space below:

What was your experience?

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Did you succeed? \_\_\_\_\_

Did you persist with the effort—for how long?

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Or, did you abandon the effort? And at what point did this happen?

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What learning's did you come away with?

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# Part 1: What we know about change

## Optional Reading

Changing For Good- Chapter 2

## Key Points

**What we have learned over the years from research and other published reports:**

- Change is not easy.
- Change is not just about willpower.
- There is a solution for you—even though you’ve tried “everything”
- People can change (despite your doubts)
- Change is not a single event—it is a process (and often a lifelong process at that).
- Timing is everything. It’s important to match the right actions with the stage of change that you are in.
- Your environment plays a key role. It can be an enabler.. or an obstacle.
- Bad habits feed other bad habits (for example, drinking and smoking; smoking and overeating). This one/two punch can usually be attributed to emotional distress.
- Just because you relapse doesn’t mean you have failed. Consider it cycling back to an earlier stage of the process and restarting your effort—recommitting your resolve.
- Change requires that you learn and develop. Be willing to learn and develop beyond who and what you are today.
- Change is highly individual and personal. The plan or program that works for your friend is unlikely to be identical to what may work for you.
- But change can also mean going public. One of the most powerful ways to instill commitment is by making a public statement.
- The more you try different approaches... and experience change, the more you find out about what works for you... the more confident you will become.