

It takes time and patience for a new behavior to turn into a habit, but the new and improved you will be worth the wait.

Create a New Healthy Self-Image

To make progress, look ahead to the future. Start to imagine the “new you” that comes along with changing.

We’d like to do an exercise with you in which you envision the future. Take a deep breath for a moment and relax.

Imagine yourself six months from now: You’ve been successfully managing your cholesterol. You feel healthier and more energetic. At your recent check-up, your doctor said that your cholesterol levels have improved and you’ve lost weight since you’ve been taking your medication consistently and eating healthy. Losing weight has also brought down your blood pressure. You’re feeling fit, confident, and in control. You’re proud of yourself for using these healthy strategies to manage your cholesterol. And, you know that you are a better role model for your co-workers, family, friends, as well as for the children in your life. You are so encouraged by your success that you are finally ready to start exercising.

Imagine Your New Image

What other images are part of your healthy life? What else would change?

How would you see yourself?

How would you describe yourself to others? If this seems hard to do, think about how a proud friend or family member would describe you when you change your behavior.

In what ways would you enjoy your new, healthy lifestyle? What would be the best part about successfully managing your cholesterol?

Substitute Healthy Thoughts

We'd like to help you replace unhealthy thoughts, which might make it harder to take action, with healthier thoughts. Thinking healthier thoughts is one way to resist the temptation to stick with old habits, rather than moving forward. The following are ways to deal with tempting thoughts using positive "comebacks". Add your own tempting thoughts and comebacks below.

| Tempting Thought | Comeback |
|--|--|
| I'm going to take my pills every other day to save some money. | My doctor says I must take the pills everyday to be effective. I'll ask her for other ways to reduce drug costs. |
| Low-fat food doesn't taste good. | I can substitute low-fat foods that taste good. |
| Exercise takes too much time. | Exercise is a priority for me now. I can fit at least 15 minutes of exercise into my schedule today. |
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