

# Old Habits Die Hard

**You can change bad habits – new beginnings can start now. Replace old habits with new, healthy habits. Here are some tips:**

- **Become mindful of your actions.** When you're aware of what you're doing, you can change it.
- **Make a plan and keep a record.** Decide what you want to change, make a plan, and write it down. If this does not work, tweak it. Refer to Handout S02, *Set Your Weight Loss Goals* for help.
- **Avoid situations that trigger unhealthy habits,** such as eating in front of the TV.
- **Post reminders about healthy habits** where you will notice them – on the refrigerator, on the table, in your car, on the mirror, wherever.
- **Practice makes permanent.** Build new, healthier habits with practice.

