

# Creating Behavioral Change that Lasts

GoSkills online course syllabus

**Skill level**

Beginner

**Lessons**

17

**Accredited by**

Verified by GoSkills

**Pre-requisites**

No prior experience needed

**Video duration**

55m

**Estimated study time**

55m 4s

**Instructor**

Ramona Shaw

## Introduction

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### 1 Change that sticks

## The Recipe for Change

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### 2 What you want to change

In order to effectively make any change, you must first get clear on exactly where you want to go.

### 3 Your reasons for change

We often fail to make changes because we don't have a rich enough sense of why we need to make the particular change.

### 4 How changes happen

Change can come in several different forms, so it's important for you to avoid comparing your path to others.

### 5 Neuroscience of change

It's scientifically proven that your brain will stick to inefficient, but familiar behaviors unless you break the pattern.

### 6 Obstacles to change

As you work to incorporate change, you'll find that your brain will fight to stay the same.

## What's Driving You

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**7 Why changes fail**  
Many struggle to make changes to their habits and behaviors, but why do you think that is?

**8 Motivators and drivers**  
Motivators, though not always obvious, are the reason why you do what you do.

**9 Emotional stamina**  
Making a change requires you to be uncomfortable at first, and this can often be discouraging.

## Making Change Happen

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**10 Taking manageable steps**  
An important way to achieve the targets that align with your vision is to make progress towards building the habit or goal.

**11 Identify your trigger**  
Whenever you take an action, your brain issues a cue or trigger that incites said action.

**12 Prepare your reactions**  
Just like when you practice ahead of a big presentation or speech, preparing your reactions to specific situations can allow you to be more successful at controlling them.

## Establishing the Habits

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**13 Make it stick**  
Your physiology, your language and your focus influence your behaviors.

**14 Reward yourself**  
Patting yourself on the back is not some fluffy feel-good tactic.

**15 Seek feedback**  
When in the middle of making a change, it can be hard to truly assess the progress you've been able to make.

**16 Practice makes perfect**  
Your mind learns by repetition, so it will take time for your changed behaviors to come naturally.

## Next Steps

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## Next steps

Thanks for watching this course! Now, go forth and conquer.

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