



## The Action Points

### 1. Identify How to Celebrate

Come up with a few small things you can do to celebrate when you complete a behavior that builds toward your goals. These can be simple affirmations, physical gestures, or activities that feel good without negating the progress. If you use rewards, make sure they are small so you can do them often and that they are not in conflict with your newly developing habits or goals.

### 2. Find an accountability partner

Find someone who is supportive of you and your efforts to achieve your goals. This can be someone already close to you, someone in your wider community, or someone in The Fasting Method community with whom you seem to click.

### 3. Be realistic

The behavior changes you are making should stretch you. Be sure to select steps to reaching your bigger goals that challenge you but are not overwhelming or too much to tackle at a time. Set a goal in your fasting plan or food changes that you will build toward like scaffolding over the next few weeks.