Essentials

Feedback and awareness

Social support

Goals and planning
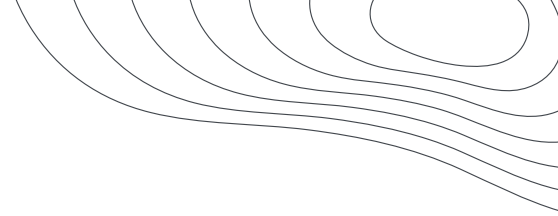
Consequences

Practice and repetition

Identity and self-belief

People can change behavior if...

▶ **Models**

−they see others they value or respect showing the target behavior

▶ **Understanding**

−they understand what is being asked of them and it makes sense to them

▶ **Skills**

−they have the skills they need and opportunities to use them

▶ **Reinforcement**

−they have structures and systems that continually push for change

▶ **Diverse support and stability**