

“IF/WHEN...THEN”: CHANGING ONE HABIT AT A TIME

Diana.Mendez@jcu.edu.au

With thanks to Dr Jo Lunkins @ <https://www.drjolukins.com/>

CHANGING OLD HABITS INTO NEW ONES IS HARD...



- Hard to go from thinking about it to start doing it



- Hard to remember doing it and sustain the new habit



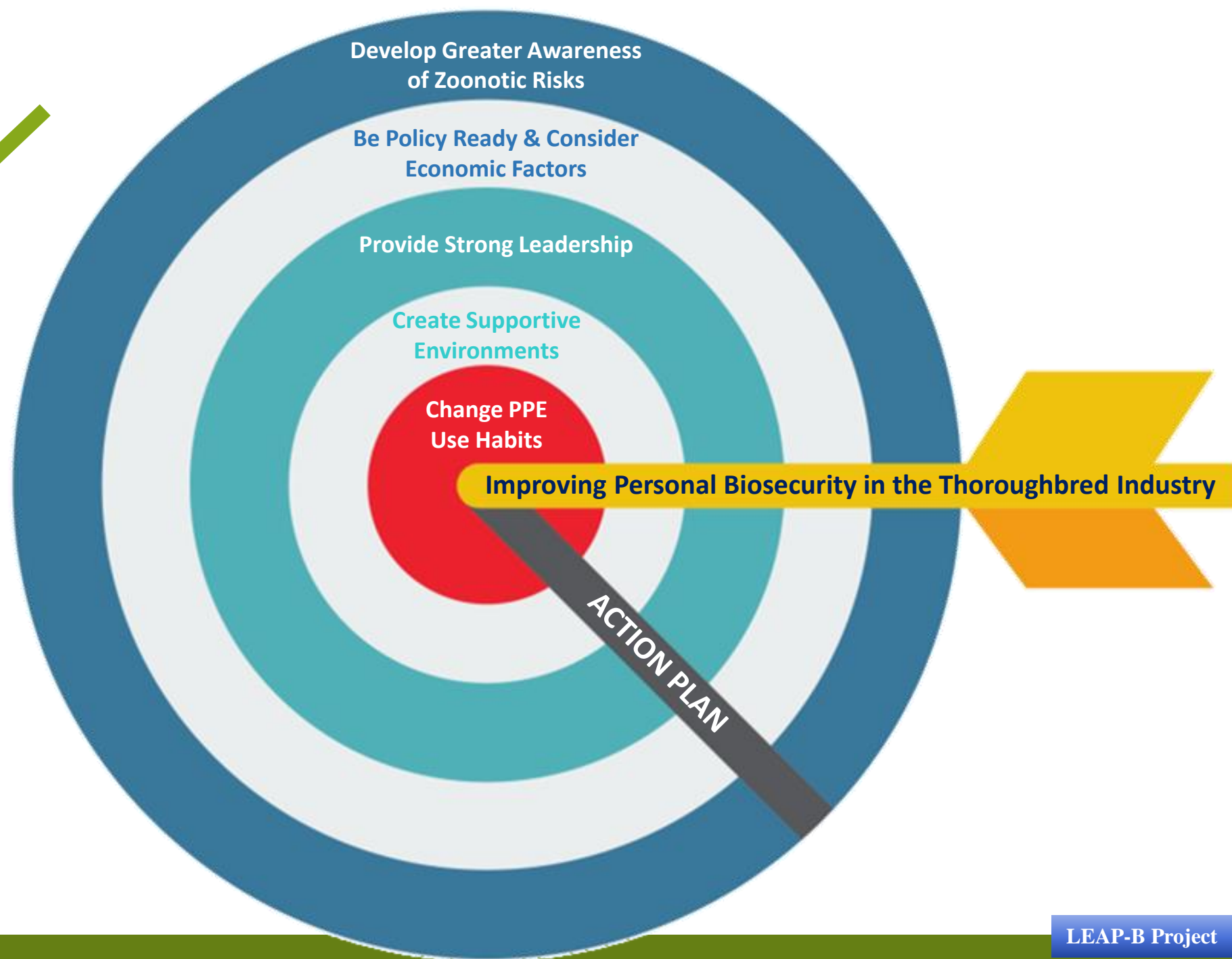
- Hard to stay motivated

WHY DO WE USUALLY FAIL TO CHANGE OUR HABITS ?

- Usually, we know **WHAT** our goals are ✓
- But forget about the **WHY?** > Motivation ✗
- And forget about the **HOW?** > Action Plan ✗

GOALS ✓

YOU
ALREADY
HAVE
IDENTIFIED
YOUR OWN
GOALS



MOTIVATION

> KEEPING YOURSELF SAFE FROM ZOOONOTIC RISK

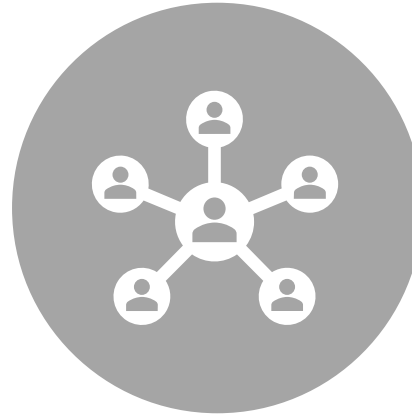


BIOSECURITY RELEVANCE

YOU CAN ENABLE TRANSMISSION
BETWEEN HORSES

YOU CAN TRANSMIT ZOOONOSSES
BACK TO HORSES

RISK TO ANIMAL PATIENTS



WORKPLACE HEALTH & SAFETY RELEVANCE

YOU CAN TRANSMIT ZOOONOSSES
TO OTHERS

RISK TO YOURSELF,
COLLEAGUES & CLIENTS



PUBLIC HEALTH RELEVANCE

YOU CAN TRANSMIT
ZOOONOSSES TO OTHERS

**RISK TO FAMILY, FRIENDS
& WIDER COMMUNITY**

ACTION PLAN?

> PIGGYBACK ANOTHER HABIT THAT WORKS FOR YOU

IF

I do

... "X"

(existing habit)

Then

I do

... "Y"

(new habit)

OR

WHEN

I do

... "X"

(existing habit)

Then

I do

... "Y"

(new habit)

Extensive research has demonstrated that people who plan are 300% more likely to reach their goals!

ACTION PLAN?

> EXAMPLES

IF

I hold
tails at
the crush

(existing habit)



Then

I always
wear
gloves

(new habit)

OR

WHEN

I examine
a
placenta

(existing habit)



Then

I put on
gloves
and a
mask...

(new habit)

ACTION PLAN

> WHAT WILL YOUR **“IF/WHEN..., THEN ...”** BE?

IF/WHEN I do

(existing habit)



Then I do

(new habit)

Further resources on the topic:

<https://hbr.org/2014/05/get-your-team-to-do-what-it-says-its-going-to-do>

<https://wp.nyu.edu/motivationlab/publications/peter-gollwitzer/>