



Resources: Constructs - Making Change

Identify Issue: What do you wish to **change**? What do you wish to **create**?

- Be specific
- Easily recognizable
- Measurable
- Repeatable
- Concrete
- Worthwhile / Compelling

What is the specific **Desired Outcome**? What results are you looking for?

- See above....plus
- Vivid desired outcome
- One could explain to another
- Time bound / goals / rewards / penalty

Identify the **Critical Thinking** (Belief System / Paradigm) and **Vital Behaviors** (Choices) that are leading directly to the current outcomes / results

- Identify the 6 Sources of Influence that are promoting the current / existing behaviors (see Resources on page 10):
 - Personal Motivation
 - Personal Ability
 - Social Support
 - Social Ability
 - Social Rewards
 - Environment
- Address all of the Sources of Influence
- Recognize the Cause : Effect Cognitive maps in place



Search out and Identify **Positive Deviants** .

- Who, despite similar conditions, is successful where others fail?

Identify the **Critical Thinking** (Will) and **Vital Behaviors** (Skill) that lead directly to **Desired Outcome**.

Identify and Leverage as many if not all of the **6 Sources of Influence** to promote the **Vital Behaviors** that lead directly to **Desired Outcome**.

- Select and implement strategies that target each Source of Influence (see Resources on page 10):
 - Personal Motivation
 - Personal Ability
 - Social Support
 - Social Ability
 - Social Rewards
 - Environment

Identify **Crucial Moments** of implementation.

- Create Awareness / Mindfulness
- Right action / right time