

2-3-4 change plan - an example

Use this resource as a reference when filling out your own 2-3-4 change plan template.

2-3-4 approach to change - an example

Step 1 - Identify 2 what's

Start by identifying 2 what's. This will include **1 DIRECTION AND 1 GOAL**. To get started consider the following questions.

Your direction (your 1st 'what')

- Think about your life now... How would you like things to be different?

I'd like to feel happier and healthier. I'd like to look at myself and feel ok about it. Be more self-confident. Exercise more, maybe play a sport. I guess eat better? Just to feel positive.

- Given the things you would like to be different... What direction have you chosen?

I want to improve my appearance and confidence through exercise

Your goal (your 2nd 'what')

Taking into account the things that would specifically help YOU as well as the things that might get in your way...

- What could be the first steps to making these things happen?

Contact someone about joining the social tennis club. Try it out and if I like it join. Maybe while I'm sorting that I could go for a walk or a short run once a week. Mondays and Saturdays are out and if I did something on Sunday I will have to sort out child care. And I'd need to get some running shoes or other alternative and get my racket re-strung if I choose to play tennis.

- After considering the options your goal is...

To go for a fast 30min walk or a 15min run on Tuesdays or Wednesday and play tennis on Thursday.

Ill revisit this goal and either alter it or set a new goal...

- After this amount of time... *3 weeks*
- Or when this happens... *the walk or run gets significantly easier*

Step 2 - Identify 3 why's

Identify 3 why's. These are your reasons for wanting to follow your direction and achieve your goal.

- What are some broad reasons that will drive you towards your direction or goal?

I want to be healthier

I want to look better

I want to be happier

I want to be a good role model for my kids

I want more energy

I want to feel in control!

Considering the reasons you listed above...

- What are the top 3 broad reasons that will drive you towards your direction or goal?
 1. *I want to be healthier*
 2. *I want to look better*
 3. *I want to be a good role model for my kids*
- What are 5 additional benefits that could or would arise as a direct result of achieving each reason?

Reason 1: 5 benefits could include... **I want to be healthier**

1. *I'd have more energy (Day to day routine would be easier, More sex, Play with the kids more)*
2. *I would be less tired in the morning (It'd be easier to get kids off to school on time, I'd be nicer to my partner)*
3. *I wouldn't have to go to the doctor so much or take so much medication (This would mean less money too)*
4. *Better relationship with my partner*
5. *Be able to exercise more*

Reason 2: 5 benefits could include... **I want to look better**

1. *I'd feel more attractive (I'd be happier with myself, Could buy new clothes)*
2. *My confidence would go up (Fit in more socially)*
3. *I'd be proud in front of my kids*
4. *I would feel like I've finally got to where I want to be (I'd feel in control)*
5. *I could start swimming again and taking my top off*

Reason 3: 5 benefits could include... **I want to be a good role model for my kids**

1. *I'd feel more attractive (I'd be happier with myself, Could buy new clothes)*
2. *My confidence would go up (Fit in more socially)*
3. *I'd be proud in front of my kids*
4. *I would feel like I've finally got to where I want to be (I'd feel in control)*
5. *I could start swimming again and taking my top off*

Review these reasons regularly especially when you're struggling with motivation.

Step 3 - Identify 4 how's

Identify 4 how's. How you will go about achieving your goal.

Remember to include varied ideas even if they seem a little farfetched or out of your comfort zone.

- What are 10 to 20 actions you could take to achieve your goal?
1. *Have some hits against the practice wall at the tennis club to shake of the rust*
 2. *Sort out logistics (a. Go to a sports shop and get all my gear sorted in one hit, b. Contact the tennis club to sort out details)*
 3. *Contact some other clubs in case they sound better*
 4. *Review daily the reasons why I want to do this until I get started (a. put a list on the fridge and on my screen saver at work)*
 5. *Talk to my wife and my friends and colleagues about what I'm planning to do so I'm accountable*
 6. *Get friends into tennis with me*
 7. *Contact friends to walk or run with for support*
 8. *Take diet pills or other supplements*
 9. *Eat healthier foods for more energy in general (a. Eat healthier sustaining food at afternoon tea so I have some energy on the days I exercise, b. Take some vitamins for improved health and energy)*
 10. *Organise things with my partner so nothing gets in my way*
 11. *Look for good routes for run or walk (a. Could drive to scenic places or other tracks?)*
 12. *Start doing some stretches at night so I don't pull any muscles*
 13. *Get a personal trainer*

Review your list then circle those actions that would be realistic for you to follow through with at this time? Remember to take into account any barriers that may impact on your choice of actions.

Once you've reviewed your list and identified the realistic options decide on which 4 actions would be the best for you to take now.

The 4 actions you're going to take are...

1. *Sort out logistics*
 - a. *Go to a sports shop and get all my gear sorted in one hit*
 - b. *Contact the tennis club to sort out details*
2. *Review daily the reasons why I want to do this until I get started*
 - a. *put a list on the fridge and on my screen saver at work*
3. *Eat healthier foods for more energy in general*
 - a. *Eat healthier sustaining food at afternoon tea so I have some energy on the days I exercise*
 - b. *Take some vitamins for improved health and energy*
4. *Organise things with my partner so nothing gets in my way*

My 2-3-4 change plan in review

My 2 What's

- My direction is:

I want to improve my appearance and confidence through exercise

- My goal is:

To go for a fast 30min walk or a 15min run on Tuesdays or Wednesday and play tennis on Thursday.

My 3 Why's

- 1. I want to be healthier*
- 2. I want to look better*
- 3. I want to be a good role model for my kids*

My 4 How's

- 1. Sort out logistics*
 - a. Go to a sports shop and get all my gear sorted in one hit*
 - b. Contact the tennis club to sort out details*
- 2. Review daily the reasons why I want to do this until I get started*
 - a. put a list on the fridge and on my screen saver at work*
- 3. Eat healthier foods for more energy in general*
 - a. Eat healthier sustaining food at afternoon tea so I have some energy on the days I exercise*
 - b. Take some vitamins for improved health and energy*
- 4. Organise things with my partner so nothing gets in my way*

NOTE: Ensure you regularly review your reasons for wanting to make a change, especially when you're struggling with motivation. If these reasons start to feel irrelevant or not that important, it is recommended that you work through the 2-3-4 resource again.