Hep C Healthy Highlights Session 5: 2 Degree Shifts

April 27, 2016 By Connie M. Welch

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2 degree shifts are small changes that make BIG differences. They spring board us to greater heights of achievement. Change with breaking old patterns or habits is never easy and may seem overwhelming. Think about an action you could take that is a shift in the right direction.

An example, if drastically changing you're eating habits all at once seems impossible, think about 1 change you could incorporate to move you in the right direction. Perhaps, eating a salad or helping of 2 vegetables a day without changing anything else. If you have added in a healthy food to your daily intake, this is a 2 degree shift.

If you choose to eliminate 1 food in your diet, perhaps you cut out sweet tea and now you're drinking regular or decaf, this is a 2 degree shift. See how this works? It's small changes that make big differences. It's doable!

Concentrating more on incorporating good steps into your life will help you with letting go of unhealthy habits. The more good you put in the less room you'll have for the bad stuff. Plus when you use other tools like the Power of 15 Minutes/Elephant Tracks, and Habit Trackers, it adds motivation that helps you keep going. You will begin to see even greater progress toward achieving your goal. This is great tool to practice mindfulness. Be Intentional with your actions.

When these small changes are practiced on a regular basis, transformation takes place. If you are willing to be made willing and determined not to allow "a trip, a fall, set back, stumble or had a bad day" to turn into a permanent state, then you'll surely succeed in achieving a healthy lifestyle.

Persistence Not Perfection is very important to remember. Remove "I can't, I don't like, I'm not good at, I don't want to" from your vocabulary and your thoughts. A negative mindset will only defeat you and keep you from achieving what God has for you. Instead, tell yourself, "I CAN do this. This is doable!"

Transformation starts with a renewal of your mind and spirit. An effective way to do this is being in God's Word. Washing your thoughts, nourishing your spirit, planting God's Word inside you along with a humble and submissive spirit toward Christ will change you from the inside out. Seeing yourself, your habits through God's Eyes and not your own is life changing.

"Everything is permissible for me" but not everything is beneficial. "Everything is permissible for

me" but I will not be mastered by anything. 1 Corinthians 6:12

Are bad habits or unhealthy lifestyle choices mastering you? Or are you mastering your habits? Think about it! You can either control them or they are controlling you. Who's in the driver's seat?

It may be helpful to use a chart like this in making your 2 Degree Shifts

2 Degree Shifts

Small changes make Big differences

What 2 Degree Shift can you make this week to form healthy habits?

Week 1:_____

Week 2:_____

Week 3:_____

Week 4:_____

Give yourself a 30 or 40 day 2 Degree Shift Challenge. Write down 1-2 (2 Degree Shifts) you can make each day and work on these daily and weekly. Check off your progress on your calendar or tracker and keep going toward your 30 to 40 day challenge.

It normally takes a minimum of 21 days or longer to form a new habit. This varies with each person. Personally I need longer than 21 days. The 30 to 40 day Challenge is a good way to help keep me on track.

So keep your eye on the goal and be consistent with your 2 Degree Shifts. Practice the Power of 15 minutes and use your Habit Tracker and before you know it, progress is made and your goal is being accomplished. Hot Diggy! You CAN do this!

Remember these great truths:

"Now what I am commanding you today is not too difficult for you or beyond your reach." Deuteronomy 30:11

"I can do all things through Christ who gives me strength." Philippians 4:13

What 2 Degree Shifts can you make this week?

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