

# Positive Change Plan

## Step one: What is my main goal?

I want to look after myself better by eating healthier food and having more regular meals.

## Step two: Why do I want to achieve this goal?

I want to have more energy and improve my mood. I know that what I eat is affecting my energy and how I feel about myself. I am worried that if I don't make some positive changes, this could get worse.

## Step three: Ideas for achieving my goal

1	Eat three regular meals a day, starting with a healthy breakfast
2	Eat more fruit and vegetables – I want to try to eat five a day
3	Have fewer sugary drinks and drink more water
4	Find out about healthy eating recipes and tips
5	Eat fewer cakes and biscuits
6	Make my own meals more often
7	

## Step four: What are the benefits and challenges of these ideas? How can I deal with the challenges?

Idea	Benefits	Challenges
1 Eat regular meals, including a healthy breakfast	Better energy and mood levels	Have to be really organised! I could plan what and when I'm eating for the week. Will it take long to prepare - especially breakfast? I could look at the resources and links on MindWell for ideas.
2 Eat more fruit and vegetables	I'll get more vitamins, minerals and fibre	Can I afford it? I don't know what's good for me. Sounds complicated! I need to find out more about this. Also, explore the market – might be cheaper!
3 Have fewer sugary drinks and drink more water	Water is better for me and it's free or cheaper!	I like having cola on the way to work. Water is boring! I'll miss cola – what can I have instead? I could try some fruit slices in my water.
4 Find out about healthy eating recipes and tips		

### Step four: What are the benefits and challenges of these ideas? How can I deal with the challenges?

5	Eat fewer cakes and biscuits		
6	Make my own meals more often		
7			

### Step five: Work out a plan – turning my ideas into actions

1	Look at my diary for the week. What am I doing each day?
2	Explore links on Mindwell for healthy eating information and recipe ideas. Look at information about water and drinks too.
3	Use the Mindwell food diary to plan the meals and snacks I'll have – including healthy breakfasts and fruit and vegetables.
4	Write my shopping list based on my plan. Shop!
5	Stick my meal plan on my fridge door, so I can see it easily.
6	Use a water bottle to make sure I drink enough water during the day.
7	

#### Review:

I will do this for a week and write down how it's been each day. I will review how it's going on Sunday morning.

### Step six: Do it! Put my plan in action.

#### Step Seven: Review the outcomes.

What is going well?

I like having a plan for the week – it means I don't really need to think about it each morning.

I enjoyed my breakfast each day and it really did give me more energy until lunchtime.

I bought more fruit and vegetables than I used to, so I could have some veg with my evening meal and with breakfast. This was really tasty!

I felt better having more water to drink and filling the bottle up during the day was really helpful.

## Step Seven: Review the outcomes.

### What isn't working and why?

I'm not sure what the proper portions of different foods should be. I cooked way too much pasta and ended up wasting some – not happy about that!

I've not cooked every evening like I planned. It can take a bit too long sometimes and I ended up nibbling rather than eating properly a couple of times.

I find it hard to get my breakfast and lunch ready when I need to leave for work on time.

### What did I learn?

Being organised really helped me eat better and feel better. Cooking was relaxing some evenings and I enjoyed it when I had time.

It was nice having my lunch ready at work – it felt like I was really taking care of myself.

I enjoyed having some different breakfast foods – I didn't realise how boring my breakfasts used to be!

### Do I need to look at other ideas?

I'm not sure about portion sizes, so I'm going to have another look at the links on MindWell – the NHS Eatwell Guide looks helpful.

I find it hard to make enough time to prepare my own food, but it's so much cheaper than getting a take away or buying my lunch. If I do the cookery course through One You Leeds I might get some tips for quicker meals. Something to think about.

It was a little bit hard to keep the healthy eating going all week, so I might ask my friend to encourage me.

### What are my next steps?

I'm going to do the same this week – eat regular meals, including a healthy breakfast:

- Plan my meals and snacks for the week
- Use the plan to help me shop
- Note how I get on and feel each day
- Review on Sunday.

I'm also going to:

- Ring One You Leeds to ask about the cookery courses
- Look at the Eatwell Guide for help on portion sizes
- Download the Easy Meals app and visit the Eat4cheap website mentioned on the One You website for more ideas
- Ask my friend to support me – we'll have a chat a couple of times during the week.