

Patty's PT Tips

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Putting Your Neuroplasticity Plan in Action-The Exercise Component

Exercise changes brain chemistry and structure-What's not to love?

Let's make an Action Plan using S.M.A.R.T. Goals:

Specific-Who? What? Why?

Measurable-How will I measure my success? How will I know when I've achieved my goal?

Attainable-make it reasonable. What will I do to achieve/accomplish this goal?

Relevant- What is my expected result? Is the goal worthwhile? How does it help me? Does the goal fit my values?

Time Oriented-When will I accomplish my goal? How long will I give myself?

Don't forget the Tiny Habits principles when developing your plan. From the work of BJ Fogg, PhD Book: Tiny Habits The Small Changes that Change Everything

Anchor Moment-An existing routine in your life that will remind you to do the Tiny Behavior (your new habit)

Behavior (tiny)-The new habit you want but scaled back to be super tiny-and super easy

Celebration-something you do to create a positive feeling inside yourself

Don't forget to celebrate your successes no matter how small that success may seem to you.

Companion handouts for today's session:

- The MS Gym Goal Sheet-from Trevor Wicken-founder of the The MS Gym online exercise rehabilitation program for people living with MS
- S.M.A.R.T. Goal Planning Form-University of San Diego
- SMART Goals worksheet-Lake Superior State University