It is helpful to identify the particular rules that you have for your life and aim to **replace these rules with guidelines** instead.

The distinction? Rules break, but guidelines bend. All or nothing thinking perpetuates rules: you either abide by them, or you've broken them. In reality, having a little bend can make sticking to the rules a whole lot easier.

|  |  |
| --- | --- |
| Create your list of 'rules', your 'musts', and your 'should' statements | Re-write these rules into guidelines |
| *I must always….*  *Example: Exercise every day.* | *I should try to…*  *Example: Get 30 minutes of movement most days of the week.* |