

# Making Changes That S.T.I.C.K.

Change is hard. But maintaining a change—sticking with it over time, even when things get difficult—is one of the real challenges. It requires long-term attention, effort, and motivation. S.T.I.C.K. is a simple way to remember real-life strategies, based on the newest science available, that can keep you on track and help you stay motivated to succeed.



## Five Ways to Make Change S.T.I.C.K.

S

**Stay the course:** Think back to a change you tried to make, but something got you off course. What was the obstacle? How could you have overcome it? What can you do now, ahead of time, to develop a plan to deal with these obstacles and stay the course?

It's a bit like having a fire escape plan: No one ever really expects a fire, but we all know it is a good idea to have an escape plan if there ever was one. You need to know where the exits are and how to get to them.

T

**Think of your why:** What's your why? Why is this change too good to give up? How does it connect with things that are most important to you?

By thinking of our why, we are reminding ourselves of the reasons we wanted to make this change and why we did it in the first place.

I

**Incorporate self-affirmations:** Self-affirmations are positive statements that allow us to shift our perspective to what is working. We all have strengths we can tap into when things become difficult.

Here are some words to describe strengths of successful changers. Which ones apply to you? In what ways are you like this?

- Focused
- Powerful
- Motivated
- Confident
- Strong
- Unstoppable

C

**Consider setbacks as learning experiences:** What lessons did you learn that helped you move forward?

With a setback, we imagine ourselves going back to square one. However, we actually start from a better place with helpful learnings gained from our last try—applying what was learned and making changes to correct what hadn't worked before. You can ask yourself, "What positive lesson can I learn from this setback that will help me move forward?"

K

**Keep your eye on progress rather than perfection:** View imperfection as partial progress. Get back on track.

Changing a familiar behavior is usually not easy. Humans are not perfect, and if you happen to get off course, what matters is to get back on track, not allowing a mistake to stop you from making a change that's important to you.



The Horizon By Your Side team has resources  
to help you every step of the way.  
Visit [HorizonByYourSide.com](https://HorizonByYourSide.com) to learn more.

If you have already been prescribed a Horizon Therapeutics medication and want more information on making changes that S.T.I.C.K, contact your Patient Access Liaison or Clinical Nurse Educator at 1-844-4MY-HBYS (1-844-469-4297).



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