The Keys to Positive Change: Transforming our bad habits into healthy ones!

Davidicus Wong, M.D.

OCTOBER 2026

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Burnaby
Division of Family Practice
An FPSC initiative

divisionsbc.ca/burnaby

2

2

REAL HEALTH CARE IS

SELF-CARE

Who provides most of your health care? You do!

The best predictor of your future health are the habits you practice today!

3


4 FOUNDATIONS OF SELF-CARE
WHAT YOU EAT
WHAT YOU PUT INTO YOUR BODY
A HEALTHY, BALANCED DIET VS CIGARETTES,
EXCESS ALCOHOL OR RECREATIONAL DRUGS

4


WHAT YOU DO
PHYSICAL ACTIVITY & REST
Z
Z
Z

5


HOW YOU FEEL
EMOTIONAL WELLBEING

6



7



8

How do you feel about

CHANGE ?

COVID-19 mRNA vaccines Booster Shots Public Health Restrictions Mask Mandates Delta Omicron BA-4 BA-5 Inflation Rising Gas Prices Supply Chain Shortages War in Ukraine Family Doctor Shortage Rising Interest Rates Illness Aging Accidents A New Diagnosis

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Each of us likes a balance of stability and novelty

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Without novelty and challenge, we are BORED



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If we have to cope with too much change, we become STRESSED



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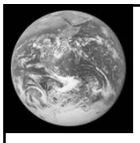
When surprised again with an unexpected change, the first thing that comes to mind is a four-letter F-word:

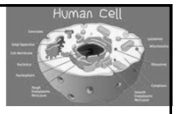
13

When surprised again with an unexpected change, the first thing that comes to mind is a four-letter F-word:

FLUX!

14





Reality is change

Everything is constantly changing from everything in the outside world to every cell in your body

What you consider to be your stable self is also changing moment by moment

15

We have to accept the reality of change

We need a GROWTH MINDSET

We have the capacity to learn, adapt, grow and positively change our thoughts, beliefs, feelings and behaviour



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We each can be Agents of Positive Change in our world and in our selves



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The Superpower

you never knew you had



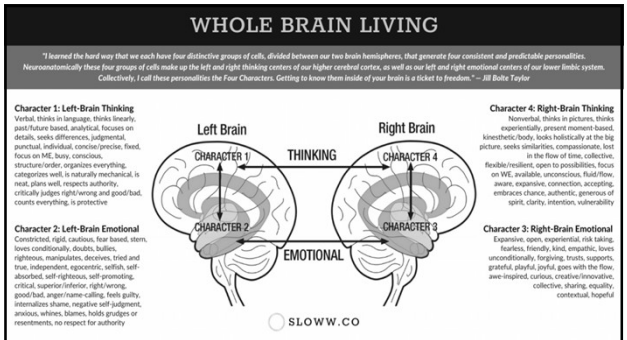
18

Metacognition!

The ability to recognize your own thoughts, beliefs and emotions and transform them!



19



The habits of thought, belief and action of the Left Brain can be transformed from the perspective of the Right Brain

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The Keys to Positive Change

1. ***Choose Wisely: What is your goal . . . and why?***
2. ***Plan Well: Create a specific plan, anticipate challenges***
3. ***Understand How Habits are Formed***
4. ***Visualize Success***

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22

Choose Wisely:
What is your goal . . . and why?

23

The Big Picture:
Begin with your values

Look at a list of values
Which resonate with you?
Which reflect your truest self?

24



25

Which values resonate with you?

Acceptance, Self-acceptance, Adventure, Growth, Authenticity, Truth, Compassion, Self-compassion, Connection with Nature, Relationships and Connection with Others, Generosity, Courage, Creativity, Curiosity, Trust, Recognition, Kindness, Love, Pleasure, Fairness and Justice, Gratitude

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Your Positive Potential

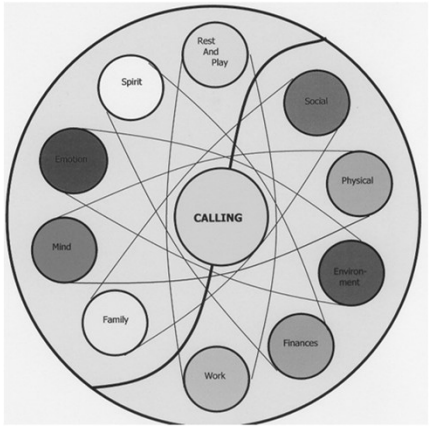


Health is

- *A dynamic balance of the important spheres of your life*
- *Achieving your potential in each sphere*
- *Achieving your positive potential in life in the face of your challenges*
- *Experiencing your unique purpose and sense of meaning in this life*

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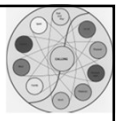
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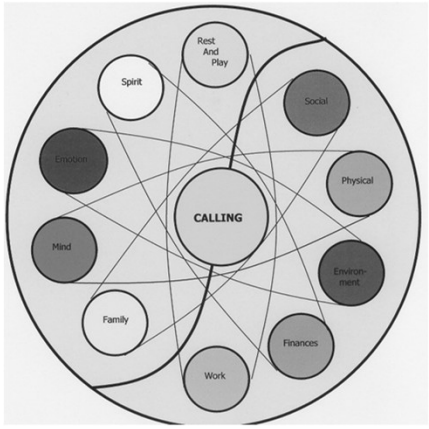
Balancing Your Life



- Consider the fundamental areas of your life: social, spiritual, familial, emotional, intellectual, financial, vocational, recreational, environmental & physical
- True health is a dynamic, harmonious balance of these spheres AND achieving your positive potential in each.
- What are your personal goals in each area?

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SOCIAL

- I have a sense of belonging and a place in society.
- I relate well with others.
- I have a supportive network of friends.
- I enjoy intimate relationships.

31

31

PHYSICAL



- I enjoy a well-balanced diet and maintain a healthy body weight.
- I exercise regularly (cardiovascular, strength, flexibility, balance, alignment).
- I am free of harmful habits (e.g. smoking, drug abuse, alcoholism).
- I do not suffer from poorly managed chronic disease.

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ENVIRONMENT

- I feel comfortable in my home.
- My workplace has good lighting, air quality & noise control.
- I do not feel crowded at home, work, play or travel.
- I feel safe in my world.



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FINANCES

- I have an adequate, predictable income.
- My debt is manageable.
- I have realistic plans for achieving my financial goals (i.e. buying a home, retirement).
- I have adequate savings & insurance in case of emergencies.



34



WORK

- The challenge of my work is matched by my personal resources.
- My work is consistent with my ethical values.
- I enjoy good relationships with my coworkers.
- I feel a sense of control at work
  - My actions have predictable positive effects

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FAMILY



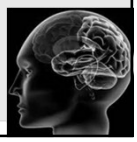
- I spend enough time with my family.
- I have a good relationship with each family member.
- I have a good intimate relationship with my partner.
- I derive great satisfaction & fulfillment from my family life.

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MIND

- I have good problem-solving skills (logic) and can express my thoughts clearly.
- I am using my intellectual strengths optimally and have a program to improve my weaknesses.
- I find it easy to see other points of view (flexibility).
- I am a life-long learner.



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EMOTIONS

- I enjoy mutually loving relationship(s).
- I can appreciate the views and feelings of others (empathy).
- I am aware of my emotional states (insight).
- I am able to manage my emotions (including anger, depression, anxiety and desire).



38

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REST & PLAY



- I am getting enough sleep (I am not tired when I get out of bed).
- I am refreshed by breaks throughout the day.
- I enjoy satisfying non-work interests (e.g. sports, hobbies).
- I am nurturing my sense of creativity (e.g. art, music, writing).

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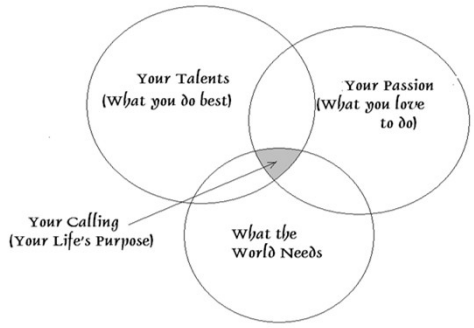
SPIRIT

- I have a sense of purpose in my life.
- I have a sense of trust in the universe.
- I have a moral compass or code of ethics.
- I am living in accordance with these values.

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YOUR CALLING



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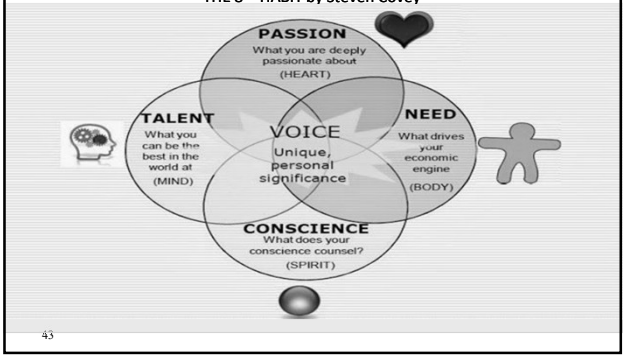
IKIGAI



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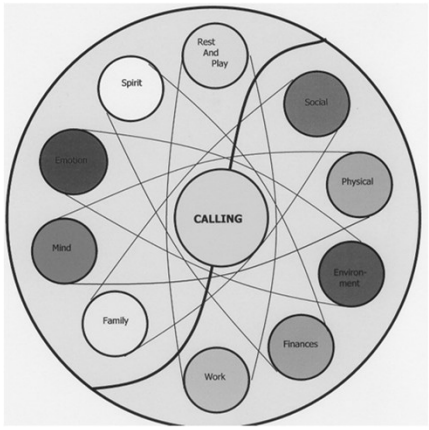
YOUR VOICE

THE 8TH HABIT by Steven Covey



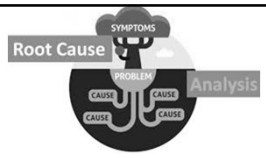
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The 5 Whys

Used by organizations in Root Cause Analysis when mistakes happen or failures occur

7:30

45

The 5 Whys

I turn it around to uncover the deeper motivations for someone's initial goal



46

The 5 Whys

You might discover that your initial goal is not aligned with your deepest values



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The Keys to Positive Change

1. ***Choose Wisely: What is your goal . . . and why?***
2. ***Plan Well: Create a specific plan, anticipate challenges***
3. ***Understand How Habits are Formed***
4. ***Visualize Success***

48

Plan Well: Create a Specific Plan

Design achievable concrete steps or routines (new habits) as incremental positive change towards your desired goal . . .

49

Goal Check-in: Confidence & Motivation

On a scale of 1 to 10, how motivated are you to complete this goal?



50

Goal Check-in: Confidence & Motivation

On a scale of 1 to 10, how confident are you to complete this goal?



51

Plan Well:
Translate your goals into habits

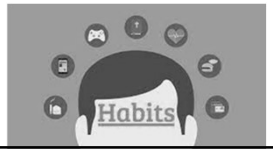
- *Outline a plan*
- *Schedule the stepwise routines*



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Habits

Unconscious and automatic behaviour



53

Why Our Habits Matter

. . .

54

Why Our Habits Matter

What we do each day
has a cumulative effect
on every aspect of our lives

55

Our habits define who we are

56

Consciously foster positive habits

to become
the Best Versions of Ourselves

57



What would your life be like . . . and who would you be,
if you made different choices . . .
and fostered different habits?

58

Consider your Future Self

. . .

59

Your Changing Self

We recognize how we have changed over time . . .

60

Your Changing Self

But we underestimate how much we can change in the future.

61

Consider your Future Self

Your Present Self creates your Future Self . . .

62

Creating your Future Self

Make choices today and act daily to create your future . . .

63

Creating your Future Self

Act as the person
you wish to become.

64

Consciously fostering positive habits

Every positive action is a vote
for the person you want to be

James Clear "Atomic Habits"

65

Begin with YOUR end in mind

. . .

66

Begin with YOUR end in mind

At the end of your life, how would you like to be remembered?



67

What did your actions say about you?

68

What will be the legacy of your activities and relationships?



69

SMARTEST goals

Specific *What will you do? Where?*
Measurable *How much? How long?*
Achievable *realistic and do-able*
Relevant *important to you and your health*
Time Frame *When will you start?*
When will you finish?
Evaluate *How did you do? What did you learn?*
Enjoyable *Make it fun!*
Stepping Forward *What will you do next?*
What will you do differently?
Together *Who will work with you? Who will you share with?*

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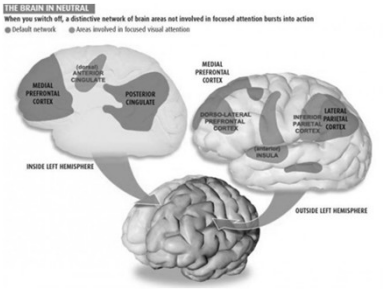
The Keys to Positive Change

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4. ***Visualize Success***

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The Default Mode Network

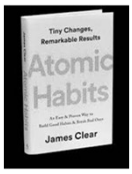
The Brain on Autopilot



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Understanding the HABIT LOOP

from James Clear's "Atomic Habits"



73

The 4 Parts of the HABIT LOOP

1. ***CUE***
2. ***CRAVING***
3. ***RESPONSE***
4. ***REWARD***

74

The 4 Parts of the HABIT LOOP

1. ***CUE: the context or trigger***

75

The 4 Parts of the HABIT LOOP

1. ***CUE: the context or trigger***
   e.g. boredom, elevator, TV



76

The 4 Parts of the HABIT LOOP

1. ***CUE: the context or trigger***
2. ***CRAVING: the desire***
3. ***RESPONSE***
4. ***REWARD***

77

The 4 Parts of the HABIT LOOP

1. ***CUE: the context or trigger***
2. ***CRAVING: the desire***
   e.g. junk food, chocolate, cigarettes, a drink



78

The 4 Parts of the HABIT LOOP

1. ***CUE: the context or trigger***
2. ***CRAVING: the desire***
3. ***RESPONSE: the behaviour***
4. ***REWARD***

79

The 4 Parts of the HABIT LOOP

1. ***CUE: the context or trigger***
2. ***CRAVING: the desire***



3. ***RESPONSE: the behaviour or action e.g. grabbing a bag of chips, lighting a cigarette***

80

The 4 Parts of the HABIT LOOP

1. ***CUE: the context or trigger***
2. ***CRAVING: the desire***
3. ***RESPONSE: the behaviour***
4. ***REWARD: the immediate positive feedback***

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The 4 Parts of the HABIT LOOP

4. REWARD: the immediate positive feedback

e.g. hunger or restlessness satisfied (for the moment)



82

The 4 Parts of the HABIT LOOP

1. ***CUE: the context or trigger***
2. ***CRAVING: the desire***
3. ***RESPONSE: the behaviour***
4. ***REWARD: the immediate positive feedback***

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CREATING GOOD HABITS

1. ***CUE: Make it obvious***
2. ***CRAVING***
3. ***RESPONSE***
4. ***REWARD***

84

CREATING GOOD HABITS

1. *CUE: Make it obvious*

   e.g. Fruit bowl on top of the TV, workout clothes at the front door




85

CREATING GOOD HABITS

1. *CUE: Make it obvious*
2. *CRAVING: Make it attractive*
3. *RESPONSE:*
4. *REWARD*

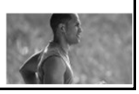
86

CREATING GOOD HABITS



1. *CUE: Make it obvious*
2. *CRAVING: Make it attractive*

   e.g. Pair an action you WANT to do with an action you NEED to do



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CREATING GOOD HABITS

1. ***CUE: Make it obvious***
2. ***CRAVING: Make it attractive***
3. ***RESPONSE: Make it easy***
4. ***REWARD***

88

CREATING GOOD HABITS

3. ***RESPONSE: Make it easy***

   e.g. Keep a pitcher and glass of water on your desk. Keep your fridge stocked with fresh fruit.



89

CREATING GOOD HABITS

1. ***CUE: Make it obvious***
2. ***CRAVING: Make it attractive***
3. ***RESPONSE: Make it easy***
4. ***REWARD: Make it satisfying***

90

CREATING GOOD HABITS

4. REWARD: Make it satisfying

e.g. Reward and record your successes





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CREATING GOOD HABITS

1. ***CUE: Make it obvious***
2. ***CRAVING: Make it attractive***
3. ***RESPONSE: Make it easy***
4. ***REWARD: Make it satisfying***

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Tips from "Tiny Habits"
(by BJ Fogg)

The ABCs of Habit Formation

8:00

93

Tips from "Tiny Habits" (by BJ Fogg)

Anchor

Behaviour

Celebration

94

Tips from "Tiny Habits" (by BJ Fogg)

#1 Make the behaviour tiny . . .

95

Tips from "Tiny Habits" (by BJ Fogg)



#1 Make the behaviour tiny . . .

One easy step towards your goal

(i.e. flossing one tooth)

96

Tips from "Tiny Habits"
(by BJ Fogg)

#2 Hook it to an anchor . . .

97

Tips from "Tiny Habits"
(by BJ Fogg)



#2 Hook it to an anchor . . .

a routine that you already do automatically

(i.e. brushing your teeth before bed)

98

Tips from "Tiny Habits"
(by BJ Fogg)

#3 Celebrate immediately . . .



99

Tips from "Tiny Habits"
(by BJ Fogg)

#3 Celebrate immediately . . .

to trigger positive emotions

(i.e. give yourself a thumbs up, applause, "Nailed it!")

100

BJ Fogg's Tiny Habit Recipes

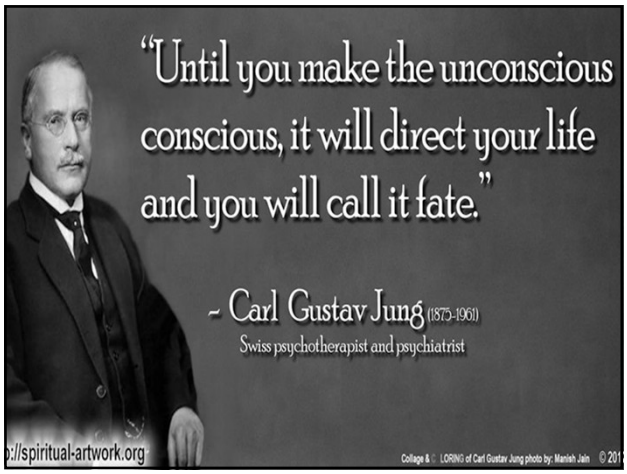
After I brush my teeth at night, I will floss one tooth and celebrate by saying "Nicely done!"

101

tinyhabits.com



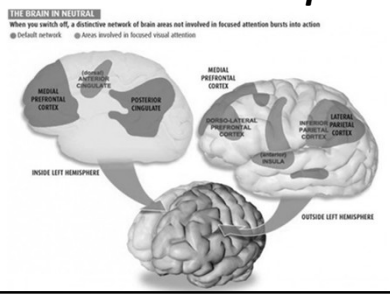
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The Default Mode Network

The Brain on Autopilot



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Unquestioned Assumptions and Core Beliefs

105

Limiting Beliefs

"I have to be perfect to be loved."
"I can't trust anyone."
"Life is unfair."

106

Limiting Beliefs

"I'm not good enough."
"I don't deserve success, happiness or love."
"I am powerless."

107

Questioning Your Core Beliefs

Are they working for you?

Do they bring you closer to or further from others, society and your goals?

108

Questioning Your Core Beliefs

Do they foster positive feelings (love, connection and peace)?

Do they foster positive actions (creativity, kindness and generosity)?

109

Potentiating Positive Core Beliefs

I am a part of a greater whole: part of a family and a member of this community



110

I have a unique positive potential: my gift to the world



111

I can make a positive difference with actions great and small



112

I am continually learning and growing

I can adapt to any change



113

Engaging with Life and Coping with Change



114

The Reality of Change

Change is the nature of all things.

It is our very nature.



115

Coping with Change

Accept what you cannot change.

Accept responsibility to change what you can.



116

Be an Agent of Positive Change

Be dynamically responsive to change.

Seek out the positive potential of each moment.

117



POSITIVE CHANGE

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The Keys to Positive Change

- *Choose the right goal based on your deepest personal values*
- *Create a specific plan with SMARTEST goals*
- *Translate goals into habits with an understanding of habit formation*
- *Visualize success!*

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"Be the change you wish to see"

Gandhi

"See the change you wish to be"

Davidicus Wong

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The Power of Visualization

Visualize yourself in the next day

Reinforcing the CUE or ANCHOR BEHAVIOUR, seeing yourself performing the DESIRED BEHAVIOUR and pre-experiencing the POSITIVE FEEDBACK of performing your new behaviour



121

Visualize yourself in the next day

Reinforcing the CUE or ANCHOR BEHAVIOUR, seeing yourself performing the DESIRED BEHAVIOUR and pre-experiencing the POSITIVE FEEDBACK of performing your new behaviour

Visualize yourself in the near future having achieved your goal

Reinforcing your deepest motivations and pre-experiencing your new improved self when your desired behaviour is now an established habit

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A Visualization Exercise

- *Pre-experience yourself doing the planned action that first step – your SMARTEST goal – the new routine (using the cue or anchor in daily life as the trigger)*
- *Pre-experience and energize the positive feelings of celebration and accomplishment – a small victory on the path to your greater goal*

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A Second Visualization

- *See your future self having achieved your goal*
- *You have established a healthy new routine*
- *Bring forth all the sensations, feelings (physical and emotional), sounds, smells, tastes and sights to make it real*

124

Reflect with deep gratitude to your past self for having given your future self this gift:

- *for taking each necessary step and celebrating every step along the way,*
- *adapting to the expected and unexpected challenges, and ultimately perfecting your new routine,*
- *arriving at your new way of doing and being*

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The Science of Neuroplasticity

Though our habits of thought and behaviour seem hardwired, with effort and repetition, we can transform our own minds.

126

Your Brain's Remarkable Ability to Learn and Adapt

With deliberate practice, we can learn new ways of thinking and feeling,

creating new habits of thought, feeling and being

127

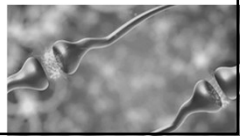
Neurons that fire together wire together



128

Neurons that fire together wire together

Repeated neural pathways grow stronger over time, "hardwiring" your new habits of thought, feeling and intention.



129

The Promise of Neuroplasticity

This is how we can adapt to our changing world.

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What we focus on we magnify



131

What we focus on we magnify

Attention Density - or concentrated attention - solidifies your new habits of thought, feeling and intention

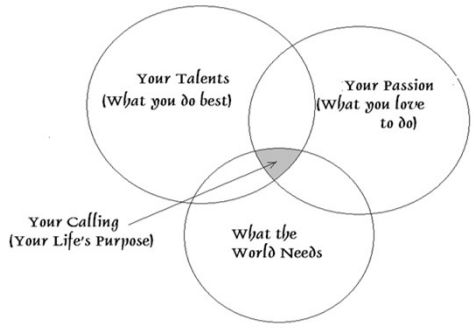


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Evolving into
Your Positive Potential

133

Your Calling



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There is a positive potential to be realized in each day.

We must see, feel and act.

135

Your Positive Potential

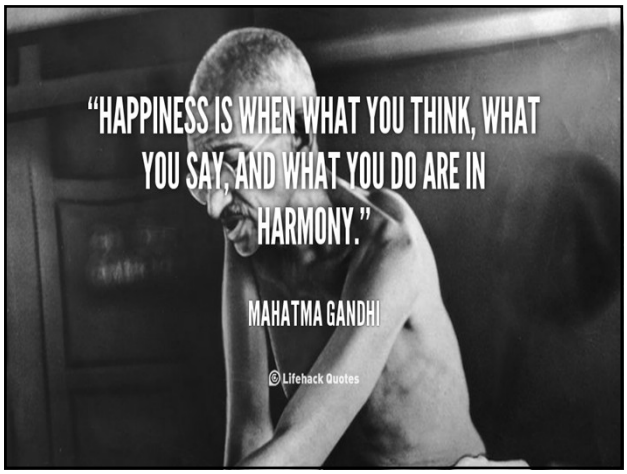
I believe that we each have a unique potential in life, and it is our duty to realize that potential and help others achieve theirs.

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We can all be Agents of Positive Change

in our own lives,
in our community
and in our world

137



138

Together let us be
the change we wish to see
. . .



Burnaby Division of Family Practice
A GPSC Initiative

139

Together let us be
the change we wish to see;
See the change you wish to be!



Burnaby Division of Family Practice
An FPSC Initiative

140