

## BEHAVIOR CHANGE WORKSHEET

List a general goal:

1.

List a SPECIFIC, realistic goal in alignment with what you just wrote:

1.

List why you want to achieve this goal:

1.

2.

3.

List why the above is important to you:

1.

2.

3.

List 2 very specific short-term steps you will take this week toward achieving your goal: (what, when, and specific amounts when applicable)

1.

2.

List up to 3 challenges to successfully complete each of your short term steps:

1.a

1.b

1.c

2.a

2.b

2.c

List strategies to overcome, negotiate or lessen these challenges:

1.a

1.b

1.c

2.a

2.b

2.c

How can you hold yourself accountable? ie-tell a friend or family member (who would be supportive) what you are doing.

How confident are you (on a scale of 1-10), that you can complete your action steps? Is there anything that can get that number higher for you? (if you are less than 7, can you change your goal or action steps that will make it more doable for you?)

Next week, review how things went. What worked well? What were your “wins”? Use this form again to create new action steps (or continue current ones) to keep moving you towards your goal.