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## BEHAVIOR CHANGE WORKSHEET

List a behavior you would like to change? (Goal)

Why is that important to you?

Why is what you just wrote above important to you?

What are 2-3 short-term steps you can take toward achieving your goal? (Be as exact as you can)

1.

2.

3.

What challenges might come up that would prevent you from taking your steps?

1.

2.

3.

What strategies can you use to overcome, negotiate or lessen each of those challenges?

1.

2.

3.

How can you be held accountable?

On a scale of 1-10, how confident are you that you can achieve your goal?