

My goal is



I commit to



Be specific and realistic

Why do I want to achieve this?



What do I need to achieve my goal?



What are barriers to reaching my goal? What makes it hard?



Before doing the intervention

While doing the intervention

What motivates me? What enables me to achieve this?

Before doing the intervention

While doing the intervention



**Possible interventions I can try out:**

Circle the one you wish to try first

**How can I assess whether my intervention is successful?**



Tip: you can use quantitative measures (counting steps, weight, time, etc) or qualitative measures (mood, emotions, estimates)

## One week of self-observation

START ON DATE:   /  /  

What did you do? When do you have time in your day to work on yourself?

What routines are already established? How do you assess your current behavior (using the measurements you came up with)?

END ON DATE:   /  /