

WHAT DO I WANT TO CHANGE?

Large empty box for writing the goal.

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



What do I need to achieve my goal?

Ex: A yoga mat; running shoes, information



My behavioral goal is...



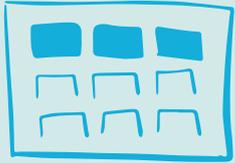
When life gets overwhelming, at least I will...

What motivates me? What enables me to achieve this?



For example:
putting a reminder in
the calendar; creating
a visual trigger,
downloading an app,
asking a friend to be
your referee...

HOW WILL I TACKLE THIS?

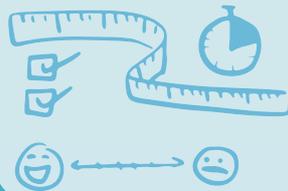


Instructions

1. Choose a package
2. Place it in a visible area
3. Check in periodically by marking your progress.

Simply fold down a flap when you achieved your goal.

How will I know if I
achieved my goal?



The intervention
I will try:



How will I keep track?

Depending on your goal,
you may want to check-
in daily or weekly on how
it is going, and whether
or not you are on track.
You can use one of the
tools provided or come up
with your own method.

Do you have a daily goal?

→ open package 1

Do you have a weekly
goal?

→ open package 2

Do you want to start
easy and “level up”?

→ open package 3

Starting date:

WHAT DID I LEARN?

How did it go?
Is it working?



My barriers for maintaining this intervention are...



My enablers for maintaining this are...



Improvements I could make to the intervention:

What did I learn about myself?



Things that work for me:

Things that don't work for me:

What happens next?

Is the issue I am working on still relevant?

no →

Reformulate the issue and Goal.

↓ yes

Is the goal I formulated motivating me?

no →

Change it! Make it more specific, or more ambitious, or break it down into something smaller...

↓ yes

Is the intervention helping me achieve this goal?

no →

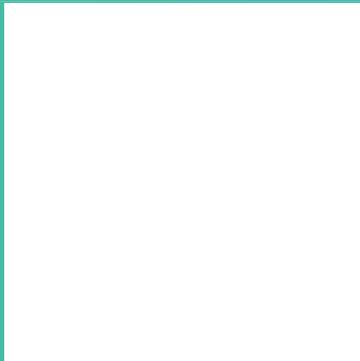
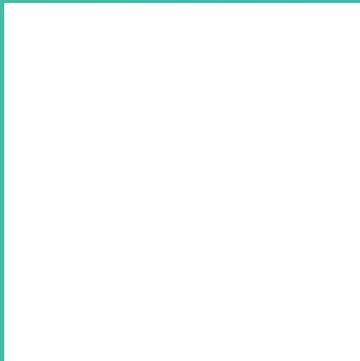
Adjust it or try something new! You can open a new inspiration package now.

↓ yes

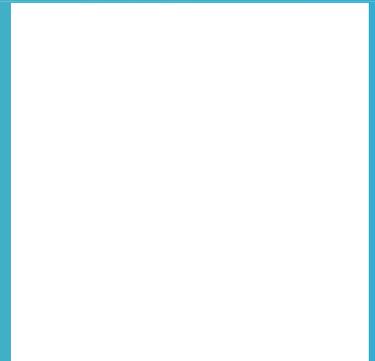
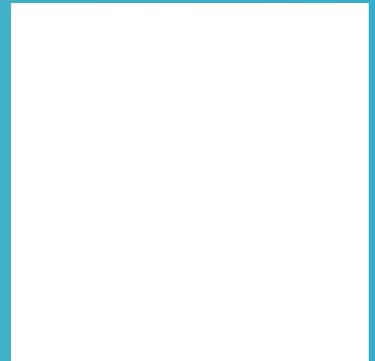
Great! keep at it – you have a chance of turning this into a habit! How can you make this maintainable?

HOW WILL I CHECK-IN WITH MYSELF?

Fold to next page



What possible interventions could I try?



There are many proven ways to change behavior. If you need some inspiration, open an inspiration package.



Other ways of keeping track are journaling, using an app (for example to track running data), or simply making check-marks on a calendar.

Turn to the next page whenever you are ready to evaluate and reflect!

(latest after two weeks)



There is a difference between an outcome goal and a behavioral goal. An outcome goal is focused on the result of a behavior, while a **behavioral goal** defines what you do. Losing 2 kilos is an outcome goal. Eating less food is a behavioral goal. What is your behavioral goal?

TIP: Having **SMART goals** is known as an effective strategy for success in improving behavioral problems. Smart goals are those that are:

Specific, Measurable, Actionable, Realistic, and Timely.

Ex: Eat two meat-free dinners per week for one month; Put away all mobile devices and shut off all screens by 9 p.m. on weeknights for one month.

Are there any health-related issues in your daily life that you would like to work on? Write down any that come to mind and **choose one** to work on for the next weeks.

Ex: bad posture, weight gain, lack of focus, low energy, stress, etc.

Let's define a goal

What do I need?

What enables me?

What hinders me?

Let's explore the issue

START HERE

