


# WHAT DO I WANT TO CHANGE?



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...



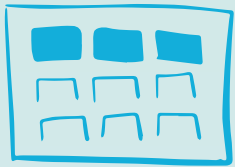
When life gets overwhelming, at least I will...

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?

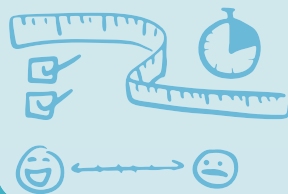


### Instructions

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

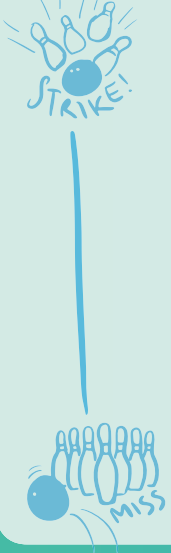
Do you want to start  
easy and "level up"?

→ 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?

yes

no

Reformulate the  
issue and Goal.

Is the goal I formulated  
motivating me?

yes

no

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

Is the intervention  
helping me achieve  
this goal?

yes

no

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

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.

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

(latest after two weeks)



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

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**

