

WHAT DO I WANT TO CHANGE?

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Blank white box for writing.

Blank white box for writing.

HOW WILL I TACKLE THIS?

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Large light blue box for writing.

How will I measure if my intervention is successful?



How will I keep track?



WHAT DID I LEARN?

What did I learn about myself?

Large light blue box for writing.



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.

▼ TIP

Self-tracking is used to keep track of how the intervention is going. You can use journaling, or an app, or come up with your own method. Find a method that corresponds to how you want to measure if your intervention is successful.

Ex: reflecting each evening in a journal; making check-marks on a calendar; tracking running data in an app, etc.

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You can use quantitative measures

Ex: counting steps, weight, time, etc

or qualitative measures

Ex: mood, emotions, estimates, etc

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A behavior occurs when the **situation** to do it, the **ability** to do it, the **motivation** to do it, and the **trigger** telling you to do it are in alignment. What interventions can help create this alignment?

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Define a **Trigger**.

When and where would it be most helpful for you to receive a trigger?

What medium would be best to deliver this trigger?

Ex: calendar reminder, phone call from a friend, post-it note in a good location

▼ Inspiration

Find the **opportune time / place** when it would be best for you to do that behavior. Or identify the “dangerous” times when you might fall into your old behavioral habit that you are trying to reduce.

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What do I need to achieve my goal?

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

What motivates me? What enables me to achieve this?

Let's see what we're working with

Ex: A yoga mat; running shoes



How did it go? Is it working?



How did it go? Is it working?



My barriers for maintaining this intervention are...

My enablers for maintaining this are...

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My enablers for maintaining this are...

Improvements I could make to the intervention:

Improvements I could make to the intervention:

Are there any health-related issues in your daily life that you would like to work on? Anything from your last New Years resolution? 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.

What's next?

Let's explore the issue

For the next month I want to work on:

Let's define a goal

Number of interventions tied:

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 behavioural goal?

Ex: do 30 minutes yoga twice a week

My behavioral goal is...



When it comes to changing health behavior, there is no finish line. Have you found something that works for you? If not, which intervention will you try next?



The intervention I will try out:

start date: __/__/----

The intervention I will try out:

start date: __/__/----

What possible interventions could I try?