

# Sensitizing booklet

I am \_\_\_\_\_

ME AND MY  
• STRUGGLES • JOURNEY •  
• SUCCESS STORY • PATH • QUEST •  
TO CHANGE MYSELF

Feel free to print this  
and fill it in manually!

Hello!

Are you eating more than you think you should? Should I even ask how exercising is going? Making changes to your health behavior is never easy. And although we have access to information, and there are many interventions/solutions out there, somehow finding what works for you, in your context and fitting to your values, is a challenge on its own.

For my master thesis I am looking at how to design for closing the gap between intending to change your health behavior and actually doing it. Help me understand the problem by filling out this booklet, and having a chat with me!



What health-related behavior would your future-self ask you to change?



What health behavior have you been able to change? What is a (small) victory that you are proud of?

What helped you achieve this?

What “trick” (intervention/product) to change health behavior seems to work for others, but not for you?

Why not?



If you had your own personal life coach, how would you want them to support you in reaching your goal?

Write/draw/collage how you want to be supported. Does your life coach have any super natural abilities?