

Behaviour change

What behaviour do I want to change? What is my aim?

What does it feel like living with the current behaviour?

What will I feel like once I have made the changes?

How will making the changes impact the rest of my life?

What obstacles can get in the way of changing the behaviour?

What actions can I take that will help me deal with these obstacles?

What triggers can lead to reverting to the original behaviour?

What action will I replace the original behaviour with if faced with that trigger?

What limiting self-talk do I use when thinking about making this change?

What is the evidence or counter evidence for this self-talk?

What would be a more appropriate and motivating affirmation for me to use?

Action Plan

Think about what steps you now want to take as a result of the above exercise.

Action	Who can help you	By when