

## Steady, consistent efforts are improving my health everyday!

<p>The changes I want to make (or continue making) are (general goal):</p>	<p><i>List specific areas or ways in which you want to change</i></p> <p><i>Include positive goals (beginning, increasing, improving behaviour)</i></p> <p><i>Think about why these goals are important to you – unless they are important, you are unlikely to follow through</i></p>
<p>The reasons why I want to make these changes are:</p>	<p><i>What are some likely consequences of action &amp; inaction?</i></p> <p><i>Which motivations for change seem most important to you?</i></p>
<p>This is what I am currently doing regarding this goal:</p>	
<p>The different options I have in moving toward this goal are:</p>	<p><i>What has worked for you in the past?</i></p> <p><i>What would you like to try that you haven't tried before?</i></p> <p><i>What have you seen other people do?</i></p> <p><i>What would be most helpful in moving you toward your goal?</i></p> <p><i>Of the options you have listed, which do you feel most ready to start with at the moment?</i></p>
<p>The steps I plan to take in changing are:</p>	<p><i>How do you plan to achieve the goals (specific actions)?</i></p> <p><i>Within the general plan, what are some specific first steps you might take?</i></p> <p><i>When, where and how will these steps be taken?</i></p>

The ways other people can help me are:	<p><i>List specific ways that others can help support you in your change attempt</i></p> <p><i>How will you go about asking for help for others?</i></p>
Other things that will help me achieve my goal are:	<p><i>Consider different tools and strategies that would be helpful such as visual prompts, reminders &amp; rewards.</i></p>
I will know that my plan is working if:	<p><i>What do you hope will happen as a result of the change?</i></p> <p><i>What benefits can you expect from the change?</i></p> <p><i>How will you track your <u>success</u>?</i></p> <p><i>When will you review the plan to see if it's working (remember, if it's not working, it's the PLAN that is failing, not the person! Time to try a different plan)</i></p>
Some things that could interfere with my plan are:	<p><i>Anticipate situations or changes that could undermine the plan.</i></p> <p><i>What could go wrong?</i></p> <p><i>How might you stick with the plan despite the changes or setbacks?</i></p> <p><i>When/where will be the most difficult time/place to maintain your plan?</i></p>
What I will do if the plan isn't working:	<p><i>What is your Plan B?</i></p> <p><i>Are there other supports you could add?</i></p> <p><i>Could you break the plan into smaller steps?</i></p> <p><i>What do you need to have in place to maintain your motivation &amp; positivity?</i></p>