Write down the habit that brought you to this workshop today: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Use this table to weigh the costs and benefits of your behavior:

|  |  |  |
| --- | --- | --- |
|  | COSTS/CONS | BENEFITS/PROS |
| STAY THE SAME |  |  |
| WORK TOWARD CHANGE |  |  |

**Strategies for Making a Change:**

**Behavioural Triggers**

* What are the triggers that lead to engaging in this behavior?
* Why do you engage in this habit? What “itch” do you think this habit is scratching?
* How can you remove triggers that may cause the habit?

**Alternative Behaviours**

* Is there a different activity you can engage in that’s more healthy or sustainable?

**Goal Setting**

* What is your goal this week? (Make sure it’s SMART – Specific, Meaningful, Agreed Upon, Realistic, Timely)
* What might get in the way of meeting your goal?
* How can you plan for these challenges?

**Reward**

* This is hard work! How will you reward yourself?

**BEHAVIOURAL TRACKING SHEET**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Date | Behaviour | What was I doing? | What was I feeling? | What was I thinking? | What were others around me doing? | Time of day, location, environmental factors |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
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