

CREATING POSITIVE CHANGE

What do you want? Why?

I want _____

because _____

What will your life be like with this?

I will feel _____

I will be _____

I will have _____

How important is this change to you? Circle a number below.

1 2 3 4 5 6 7 8 9 10

Change works best when the importance is at least a 7. If this particular change is not that important, you may want to consider another possible change that means more right now.

How confident are you about your ability to make this change?

1 2 3 4 5 6 7 8 9 10

If you rated your confidence a 7 or above, you're ready! If you rated it lower, you might want to take a look at the [confidence-building journal tips](#).

CREATING YOUR NEW HABIT

You can think of the new habit or change as a beautiful body of water that provides constant refreshment to the rest of your life. But this beautiful lake, reservoir, or ocean is created from a small trickle of water, and then a spreading pool.



Trickle activities are small. They take just one to 5 minutes each. Your goal is to do a trickle activity at least 5 days a week once you start creating change. It can help to pair it with something you already do regularly.

Trickle activities: _____

You don't need to do the same trickle activity every day, but try to do at least one.

I will do [trickle activity] _____

AFTER I [existing behavior] _____

Pool activities add more water to your reservoir of change. They take 15 minutes or more. Your goal is to do a pool activity on at least 1 day each week.

Pool activities: _____



You don't need to do the same pool activity every week, but try to do at least one.

Doing a pool activity more than once a week is a bonus!

OBSERVING THE CHANGE

Noticing how you are doing can be the first step to success. Take the last day of each week, or the day before your work week starts, to step back and observe your progress.

What day is best for me to do this? _____

Any particular time of day? _____

Doing your observation at the same time as something else, such as your weekly planning for work, can help you remember to do it.

What or who supported me in making a change? _____

What or who got in the way? _____

How can I do more of what supported me and less of what got in the way? _____

Reward Yourself for Progress

Rewards are a powerful way to support your progress. Write down 5 possible rewards for reaching your trickle and pool goals each week.

1

2

3

4

5