**Working on Healthy Habits**

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| I’m thinking about changing… |
| Some good things about \_\_\_\_\_\_\_\_ | Some not-so-good things about \_\_\_\_\_\_ |
| My values …I strive to be a person who… |
| My SMART Goal (specific, measurable, achievable, results-focused, time-bound) is … |
| In the next few days I will… |
| Things that will help my plan:1.
2.

 1.
2.

 1.

  | Things that might get in the way:1.
2.

 1.
2.

 1.
 |
| If I can take this step I will feel… |