**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: | Things that might get in the way: |
| If I can take this step I will feel… | |