

ACTION SHEET #8

Goal Creation

I am in the process of becoming - new identity (from Action Sheet #5)

Action/behavior that supports this identity _____

My Goal:

- I will complete the following action: _____
- How many times (per day, week, month): _____
 - On the following days/dates: _____
 - At the following times: _____
- I will review my progress
 - In the following way: _____
 - On the following dates: _____
 - With the following person/people: _____

ACTION SHEET #8

Goal Creation

(Example)

I am in the process of becoming - new identity (from Action Sheet #5)

A healthy person

Action/behavior that supports this identity

Eating a healthy diet

My Goal:

- I will complete this action: Eat a salad for lunch
- How many times (per day, week, month): 3 times per week
 - On the following days/dates: Monday, Wednesday, Friday
 - At the following times: Will prep after dinner for the next day (Sunday, Tuesday, Thursday)
- I will review my progress
 - In the following way: Will keep a chart on the refrigerator

ACTION SHEET #9

Habit Creation

I am in the process of becoming - new identity (from Action Sheet #5)

Habit I want to create: _____

Best time to do this: _____

(Keep in mind best time of day for your energy level)

I can make this easier to accomplish by doing the following:

Reward I can tie to my new habit:

(Reward must not undermine your desired identity; i.e., having a bowl of ice cream after the workout)

ACTION SHEET #9

Habit Creation

(Example)

I am in the process of becoming - new identity (from Action Sheet #5)

A healthy person

Habit I want to create: Go to the gym Monday, Wednesday and Friday

Best time to do this: On my way home from work

I can make this easier to accomplish by doing the following:

Packing my gym bag the night before

Setting an alarm on my phone reminding me to pack my gym bag

Placing my gym bag next to my purse

Attend the gym that is on my route home

Setting up sessions the first two weeks with a trainer (to make me accountable)

Reward I can tie to my new habit:

(reward must not undermine your desired identity; i.e., having a bowl of ice cream after the workout)

Checking out Facebook when I get home from the gym