

Behavioural Change Worksheet

Making behavioural changes can be a challenge- however, when we approach behavioural change in a systematic way, we are much more likely to achieve our goals. Think about an area of your life in which you would like to make behavioural change.

1. Identify your goal – make sure it's S.M.A.R.T!

Specific (*make your goal direct & detailed*):

Measurable (*make your goal quantifiable to track the progress*):

Attainable (*do you have the tools to reach your goal*):



Realistic (*is your goal realistic*):

Time-Limited (*set a target date for your goal*):

2. Readiness to Change

How much of a negative effect is *not* changing having on my life?

0 50 100

How important is it to me to change?

0 50 100

Am I willing to make this change a priority?

0 50 100



What are the benefits to me of making this change?

What would life be like if I didn't make this change? How will my life be impacted?

What supports / knowledge / resources do I need?



How are things working? How can I build on and add to this behaviour?

How can I keep on sustaining this change in the long-term?

