

Action Plan:

Using the SMART Skills

Use the following SMART skills to change any behavior:

Set a Behavior Goal - What behavior will I choose? How often?

Example: I am going to use the plate method at dinner M-W-F.

Monitor - How will I monitor my behavior goal?

Example: Use the myWellness app or place a sticker on a calendar.

Arrange My World - How will I change my surroundings to reach my behavior goal?

Example: Buy vegetables and have them available.

Recruit Support - Who will I ask to support me in reaching my behavior goal?

Example: Have a conversation with my family.

Treat Myself - How will I reward myself every time I do my behavior?

Note: Treat can be intrinsic with this goal. Example: Give myself a pat on the back.

How would life be better if you were able to achieve the behavior goal you just set by using the SMART skills?

When will you get started? _____

Planning for Set Backs

Things that take you off track. Ex. If it rains, it will be harder for me to go for a walk.	What action do you desire to take that is in line with your values? Say to yourself, "Even if _____ happens, I will still _____." Ex. Even if it rains, I will put on a waterproof jacket and will still go for a walk.