

Changing behaviour

Where I am - Where I want to be

benefit from activity

Use this worksheet to think about the aspects of your behaviour that you'd like to change - such as being inactive, or eating too many unhealthy snacks. Think about how you might start to change your behaviour and how great you'll feel at the end!

<p>The behaviour I want to change is:</p> <p>You might want to say:</p> <ul style="list-style-type: none">● <i>After work I'm always so tired that I spend all evening sitting down. I always say that I'll be more active tomorrow.</i>	<p><i>Write down the behaviour you want to change.</i></p>
<p>The positives of my current behaviour are:</p> <p>You might want to say:</p> <ul style="list-style-type: none">● <i>I enjoy watching television and playing computer games. It helps me relax after work.</i>	<p><i>Write down the positive aspects of the behaviour you want to change.</i></p>
<p>The downsides of my current behaviour are:</p> <p>You might want to say:</p> <ul style="list-style-type: none">● <i>I get out of breath more easily when going up stairs – it can be embarrassing.</i>● <i>I have put on some weight.</i>	<p><i>What's bad about your behaviour. Make a list here.</i></p>

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Where I am - Where I want to be
page 2

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<p>Where do I want to be in terms of my behaviour?</p> <p>You might want to say:</p> <ul style="list-style-type: none">● <i>I want to be a little bit fitter like I used to be.</i>● <i>I want to be able to walk up stairs without getting out of breath and embarrassed.</i>	<p><i>What are you aiming for? Make a list here.</i></p>
<p>How can I start to change?</p> <p>You might want to say:</p> <ul style="list-style-type: none">● <i>I will take the steps at work at least twice a week.</i>● <i>I will go for a walk before I sit down to watch TV.</i>	<p><i>How are you going to change? Make a list here.</i></p>
<p>How will I feel? How will life be different?</p> <p>You might want to say:</p> <ul style="list-style-type: none">● <i>I will have more energy and want to do more things.</i>	<p><i>Imagine the future - how might things have changed?</i></p>