

Today's Date is:

\_\_\_\_ / \_\_\_\_ / \_\_\_\_

One word to describe today:

\_\_\_\_\_

Target behaviour: **I wish to ...**

\_\_\_\_\_

**Capability**

**Opportunity**

**Motivation**

**Goals**

**My Body**

(Physical)

- Does my body allow me to change the behaviour?

**My People**

(Social)

- How do the people around me affect my opportunity to change?

**My Habits**

(Automatic)

- How do my habits and emotions drive me towards change?

**Step 1. Today I will...**

**My Mind**

(Psychological)

- Does my mind allow me to change behaviour?

**My Space**

(Physical)

- How does my physical environment affect my opportunity to change?

**My Beliefs**

(Reflective)

- How do my beliefs and plans drive me towards change?

**Step 2. This week I will...**

**Reflections:**

- What are the key obstacles that I need overcome to make a change?
- What sources of strength can I harness to facilitate change?

**Mood scale:**



**My notes:**

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