

WHAT HAVE YOU TRIED TO CHANGE?

This handout will help you identify what helps you to change your behavior and what makes it hard to change your behavior.

Behavior Change Handout		
What behavior have I tried to change in the past?	What helped me to change?	What made it hard for me to change?
<i>Getting more exercise</i>	<i>Friends encouraged me and I wanted to lose weight</i>	<i>Making time in my schedule</i>