

The Behavior I Want, Via Thought & Emotion

Name: _____

Date: _____

SPECIFIC BEHAVIOR GOAL

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WHY DO YOU WANT THIS CHANGE?

WHY DO YOU WANT THIS CHANGE?

WHAT EMOTIONS WILL INFLUENCE YOUR GOAL OF BEHAVIOR

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WHAT THOUGHTS WILL INFLUENCE YOUR EMOTIONS?

WHAT THOUGHTS WILL INFLUENCE YOUR EMOTIONS?

COMPASSION/INTEGRITY/RESPONSIBILITY/CLARITY/JOY

CIRCLE THE ELEMENTS THAT YOU WILL UTILIZE TO ACHIEVE YOUR GOAL

HOW WILL YOU APPLY THE SELECTED ELEMENTS? WHY DID YOU SLECECT THEM?

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HOW WILL KNOW WHEN YOU HAVE BEEN SUCCESSFUL?

WHAT REINFORCEMENT WILL YOU BUILD-IN WHEN YOU ARE SUCCESSFUL?

Use the Behavior I Want, Via thought & Emotion worksheet to target specific behaviors you want to increase. As an example, to increase the behavior of working out, I would change my thoughts and emotions to include positive statements leading to a change in behavior. Be very specific.