

# Arranging *My* Environment

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My behavior goal is: \_\_\_\_\_

I will make the following changes to my environment to help me reach my goal. For example, remove cigarettes from my car, clean out my pantry and refrigerator, put my walking shoes in my car.

1. \_\_\_\_\_  
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2. \_\_\_\_\_  
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3. \_\_\_\_\_  
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4. \_\_\_\_\_  
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5. \_\_\_\_\_  
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6. \_\_\_\_\_  
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