

Identifying *My* Obstacles *and* Solutions

My behavior goal is: _____

Think about all potential challenges that could prevent you from completing your goal. Then brainstorm possible solutions for every challenge. Once completed, use your solutions as your backup plan.

Obstacles/Challenges	Solutions
Example: <i>If it rains ...</i>	Examples: <i>I will walk around the office at breaks and lunch time.</i> <i>I will go to the mall after work to walk inside.</i> <i>I will go to the health club to work out.</i>