

Solution-Discovery Worksheet

The process—become your own personal lifestyle trainer:

- ✓ Define your challenge—what would you like to change?

- ✓ List your options—what can you do? Discover solutions! List 3 things that are the most important for you to become more fit:

- ✓ Choose an option to try. What are you willing to change in your eating, nurturing, physical activities, balance in lifestyle, or other skills now?

Action Plan

Be specific. This week I will:

- ✓ What? _____
- ✓ How often? _____
- ✓ How much? _____
- ✓ When? Include days, times, amounts, locations, with a buddy? _____

- ✓ My confidence level to make and maintain this change is:

0 1 2 3 4 5 6 7 8 9 10

- ✓ What do you think your biggest barriers are to long-term success?

- ✓ How can you create a plan to address those barriers?

- ✓ My reward for working on this Action Plan will be (See self-nurturing ideas)

Evaluate the outcome. What really helped this week? _____
