

## **Action Plan**

**USING THE SMART SKILLS** 

Use the following SMART skills to change any behavior:

- Set a Behavior Goal What behavior will I choose? How often?
- Monitor How will I monitor my behavior goal?
- Arrange My World How will I change my surroundings to reach my behavior goal?
- Recruit Support Who will I ask to support me in reaching my behavior goal?
- Treat Myself How will I reward myself every time I do my behavior?

1.	How would life be better if you were able to achieve the behavior goal you just set but using the SMART skills?	u were able to achieve the behavior goal you just set by	
2.	When will you get started?		

On a scale from 1-10, how confident are you that you can achieve this goal 100% of the time?

1 2 3 4 5 6 7 8 9 10 Not confident Very confident

Klapow, J., Pruitt, S., <u>Living SMART: Five Essential Skills to Change Your Health Habits</u> Forever, New York, DiaMedica Publications, 2008.

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