

Envisioning Personal Change

Creating a Vision: The first step to change

Use the worksheet below to help you think about the behaviors that you want to change to achieve healthier eating and/or physical activity habits. Think about what you would like your eating and activity to be like and what you currently do. After you have completed the worksheet, go on to creating an action plan.



Creating My Vision

1. My current eating behaviors, including where I eat, when I eat, the food I eat, the amount of noise and distractions in the room, the opportunity for social exchange and the pleasure I get eating are like this:

2. Ideally, I would like my eating behaviors to be like this:

3. My current physical activity behaviors, including where I am active, what I do to be active, the amount of time I spend in activity, and what I like to do are like this:

4. Ideally, I would like my physical activity behaviors to be like this:
