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 by using the SMART skills? __________________________________________________________
   __________________________________________________________

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


Health Promotion/Sacramento-Roseville Area