Solution-Discovery Worksheet

✓ 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 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?	The p	process—become your own personal lifestyle trainer:
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