

Jumping Your Hurdles

1. Identify the Problem

What problem do you really want to overcome?

2. Create Options

What are some options you can create?

3. Get Help

Who can help you get over your hurdle?
Who can you help?

4. Take Action

What specific behaviors (actions) do you need to stop or add to jump your hurdle?

Stopped Behaviors

⋮

Added Behaviors

⋮

5. Believe In Change

On a scale from one to ten, circle where you are in believing change will happen.

"I can't change"

"Maybe"

"I know I have the strength"

1. 2. 3. 4. 5. 6. 7. 8. 9. 10.
★ ★ ★ ★ ★

6. Jump Back Up

If you trip, how will jumping back up make you stronger?



1 Identify Problem
2 Create Options
3 Get Help
4 Take Action
5 Believe In Change
6 Jump Back Up

Name:



What should your "self talk" be telling you as you try to jump your hurdle?