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

elieve In Change

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

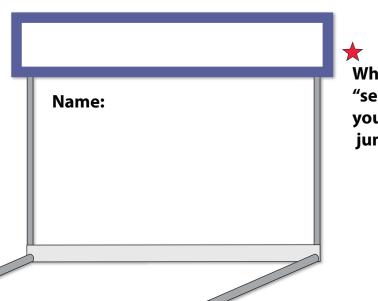
Added Behaviors

5. Believe In Change

On a scale from one to ten, circle where you are in believing change will happen. "I can't "I know I have "Maybe" change" 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?



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