

Committing to a Plan Worksheet

Once you have a behavior plan in place, it is important to find ways to stay committed to that plan and to self reflect on that commitment. The following are some questions to go through to help you periodically self reflect on your level of commitment.

1. On a scale of 1-5, 1 being not at all and 5 being fully committed, how committed do you feel to following through on your behavior plan?
2. If you are at a 4 or 5, what is it that you think is working well for you in your plan?
3. If you are at a 1, 2, or 3, what do you need to adjust? Is there too much to monitor? Would it be better if you focused on 1 behavior at a time?
4. On a scale of 1-5, 1 being not at all and 5 being fully consistent, how consistent are you at following through with your behavior plan?
5. Would it be helpful to have reminders on your phone to support you in remembering to follow through with your plan? Do you need to create a visual in order to remember key elements of your plan and make this the background on your phone?
6. Have I been taking care of myself while working through this behavior plan?
7. What is one way that you can take care of yourself today?

