If–then plans

Deciding in advance what you will do when the obstacle shows up.

Name _____ Date _____

Good intentions fail at predictable moments: when you are tired, when the weather is bad, when someone offers you a drink. An if-then plan decides your response ahead of time, so you do not have to rely on willpower in the moment.

What I want to do

The best thing about doing it. Picture it for a moment.

What is most likely to get in the way, inside me or outside?

If... (the obstacle or cue)	Then I will... (a specific action)
If it is raining when I planned to walk	*then I will do ten minutes on the stairs at home*

How I will know it is working

After a week: which plans held, and which need changing?

If-then plans (implementation intentions) were developed by Peter Gollwitzer.

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