Staying on track: my plan

A plan for keeping a change going once you have made it.

Name _____ Date _____

The change I have made, and why it matters to me

What has helped me get this far

My high-risk situations

People, places, times, feelings

What I will do in each

Early warning signs that I am heading for a slip (thoughts, moods, behaviour)

Thoughts that tempt me, and my replies

People who support me

Things in my life that make the old habit less needed

- [ ] Enough sleep
- [ ] Things I enjoy
- [ ] Company
- [ ] Being active
- [ ] A sense of purpose

If I slip, I will...

How I will mark my progress

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