



# Action Plan

## USING THE SMART SKILLS

Use the following SMART skills to change any behavior:

- **Set a Behavior Goal – What behavior will I choose? How often?**
  - Example: Walk 3 days per week on Monday, Wednesday and Friday at lunchtime
- **Monitor – How will I monitor my behavior goal?**
  - Example: Make a mark on a wall calendar for each day I keep track
- **Arrange My World – How will I change my surroundings to reach my behavior goal?**
  - Example: Keep walking shoes at work
- **Recruit Support – Who will I ask to support me in reaching my behavior goal?**
  - Example: Have a conversation with support person on how I want to receive support
- **Treat Myself – How will I reward myself every time I do my behavior?**
  - Example: Tell myself I did a great job every time I walk as planned; place gold star on calendar when I return from walk

1. How would life be better if I were able to achieve the behavior goal I just set by using the SMART skills?

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2. When will you get started?

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