

PURPOSE

Build awareness of your habits, set small, doable goals, and stay motivated through daily reflection and wins.

HOW TO USE

Journal for a few minutes each day using the prompts below:



Target Behavior: What one habit am I focusing on today?



Thoughts and Feelings: Which thoughts or emotions arise before or after?



Small Steps with SMART Goals: Specific, Measurable, Achievable, Relevant, and Time-Bound. What small step can I take?



Self-Reward: Ask your coach or healthcare provider for guidance on how to use your journal to manage your pain.

WEEKLY ACTION PLAN

TARGET BEHAVIOR (Specific)	TRIGGER (When/ Where-Measurable Cue)	SMALL ACTION (Achievable)	REWARD (Relevant to Motivation)	TIME-BOUND (Commitment)	OUTCOME (Why this helps)
Example: Scrolling on phone.	Bored at lunch break	Read one page of a book/Walk 5 min.	Add \$1 to reward jar	I will practice this replacement strategy 3 out of 5 lunch breaks this week , tracking it daily.	Refreshes energy without screen fatigue



TIPS FOR SUCCESS

One at a time > Focus on a single behavior for 2 weeks.

Self-Compassion > If you slip, note 'What can I learn?' rather than, 'I failed'.

Build Momentum > Share a win with your health coach or a friend.