

## MY BEHAVIORAL ENGINEERING PLAN

Behavior I want to change \_\_\_\_\_

Desired replacement behavior \_\_\_\_\_

Big obstacles \_\_\_\_\_

Little obstacles \_\_\_\_\_

Obstacles to remove \_\_\_\_\_

1. What make doing the right thing easier? \_\_\_\_\_

- place reminders on \_\_\_\_\_

- use these incentives, rewards \_\_\_\_\_

- what would create more conducive conditions \_\_\_\_\_

Other \_\_\_\_\_

2. What would make doing the wrong thing hard? \_\_\_\_\_

- which obstacles, barriers \_\_\_\_\_

- time delays (such as having to wait \_\_\_ amount of time before doing behavior want to change)

- disincentives, fines, withheld rewards \_\_\_\_\_

Other \_\_\_\_\_

3. Would reviewing or updating my motivators list help? \_\_\_\_\_

- Updates \_\_\_\_\_

- My vision of myself doing the right thing \_\_\_\_\_

- Are there newsletters or magazines that might inspire me \_\_\_\_\_

Other \_\_\_\_\_

4. Put the new behavior on my daily to-do list \_\_\_ Use a planner \_\_\_ Have a reminder system \_\_\_

- check to-do list often each day, check off accomplishments \_\_\_ give yourself lots of kudos \_\_\_

- have a consistent time for new behavior \_\_\_ when? \_\_\_\_\_

Other \_\_\_\_\_

5. How can I create fail-safes? \_\_\_\_\_

- potential buddies to work with \_\_\_\_\_

- I can exchange phone calls or online check-ins with \_\_\_\_\_

- My back-up plan \_\_\_\_\_

Other \_\_\_\_\_