

# Action time...We are what we think

Changing Thoughts and Habits

\* Required

1. Email address \*

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## What thought or habit do you want to change?

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Chose one thought or habit to look at. For example you may hate your body & want to change how what you think about it.

2. The thought or habit I want to change is..... \*

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## Get Specific

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### What specifically do you want to change?

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Make this positive and in the present tense. The clearer you are the better.

3. What I specifically want to change is..... \*

For example ' I want to feel good about my body. I am starting with one part of my body. I will start with my eyes.'

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4. What I am going to do is..... \*

For example: I will look in the mirror at least once a day and say out loud that I like my eyes. Even if I don't really believe this and feel stupid, I will keep saying this until it starts to feel real. I'll tell Jean about this and ask her to support me.

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## Measurable

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5. How will you know you have made this change? \*

What will you see, hear and feel? Be specific about this. Paint a clear picture in your mind.

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## Actionable

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## What are you going to do instead?

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Describe the specific alternative thought or action you will take instead of doing or saying what you usually do. Who can support you with this? It's easier to make changes with someone helping you.

### Realistic

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Check this is something that you can do.

**6. Can you break this into smaller steps? \***

*Mark only one oval.*

- Yes  
 No  
 Maybe

**7. What is the first step you are going to take? \***

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**8. Who can support you? \***

*Check all that apply.*

- A friend - be specific and have someone named  
 Family member - be specific - who will do this..  
 Colleague at work - who is this..  
 No-one  
 Other: \_\_\_\_\_

**9. Timeframe \***

When are you going to start this?

\_\_\_\_\_ *Example: December 15, 2012*

## Keep in touch

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We will check in with you in 3 months time to see how you are doing but keep in touch in the meantime. Remember to contact us if you are unsure about something. [info@ayecanchange.com](mailto:info@ayecanchange.com)

A copy of your responses will be emailed to the address you provided

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