

**STEP 1: SET YOURSELF A CHALLENGING GOAL**

Set a specific and time-bound goal that:

* Is consistent with one of your most important values
* You want to achieve within the next three months
* Is challenging enough to take you out of your normal ‘comfort zone’

My goal is to: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I intend to achieve this goal by (date):

### \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**STEP 2: NOTICE WHAT YOUR MIND SAYS AND DOES**

Write any thoughts (or ‘self-talk’) that you notice in the spaces below

My passengers are saying:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_



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**STEP 3: REFLECT ON WHAT YOU NOTICED ABOUT YOUR PASSENGERS**

The human mind tends to generate all sorts of thoughts. Some may be encouraging – perhaps predicting that you will go ahead and achieve your goal.

However, the human mind is also very good at generating ‘reasons’ for why we won’t/ can’t/shouldn’t/ might not achieve a goal. This type of chatter often comes in the following forms:

**OBSTACLES**

Our mind points out all the obstacles and difficulties that lie in our path

*Example*: *“I won’t have enough time”*

**JUDGMENTS**

Our mind tells us all those ways in which we’re not up to the task

*Example*: *“I won’t do it right”*

**COMPARISONS**

Our mind compares us unfavourably to others who seem to do it better, have more talent, or have it easier

*Example*: *“So and so wouldn’t have this problem”; “other people would be able to fix this”*

**PREDICTIONS**

Our mind predicts failure, rejection, or other unpleasant outcomes

*Example*: *“This won’t work”*

SEE IF ANY OF YOUR OWN THOUGHTS FIT INTO THESE CATEGORIES.

AND REMEMBER: THIS IS JUST WHAT MINDS DO!