

Create Your Own “If/Then” Plan

This four-step plan will knock roadblocks right out of your way.

1 ↻ What situation might come up this week that could cause you to get off track?

Example: I find myself snacking after dinner when I watch TV, even when I’m not hungry.

2 ↻ Write down a few things you can do in that situation to help you stay on track.

Example: I could make some air-popped popcorn and top it with seasoning.

3 ↻ Use your answers to questions 1 and 2 to fill in the blanks.

When

happens, I’ll do

4 ↻ Is your “If/Then” plan truly doable?

- Yes, this will work!
- Nah, I want to rethink it.