

**Creating Positive Change is an interactive tool that helps you plan and take action on what needs to change in your life.**

**What do you want? Why?**

I want \_\_\_\_\_  
\_\_\_\_\_

because \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**What will your life be like with this?**

I will feel \_\_\_\_\_

I will be \_\_\_\_\_

I will have \_\_\_\_\_

**How important is this change for you? Circle a number below.**

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

Change works best when the importance is at least a 7. If this particular change is not that important, you may want to consider another possible change that means more right now.

**How confident are you about your ability to make this change?**

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

If you rated your confidence a 7 or above, you're ready! If you rated it lower, you might want to look at confidence-building journal tips.

## CREATING YOUR NEW HABIT

You can think of the new habit or change as a beautiful body of water that provides constant refreshment to the rest of your life. But this beautiful lake, reservoir, or ocean is created from a small trickle of water, and then a spreading pool.



Trickle activities are small. They take just one to 5 minutes each. Your goal is to do a trickle activity at least 5 days a week once you start creating change. It can help to pair it with something you already do regularly.

You don't need to do the same trickle activity every day, but try to do at least one.

Trickle activities: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I will do [trickle activity] \_\_\_\_\_

AFTER I [existing behavior] \_\_\_\_\_

Pool activities add more water to your reservoir of change. They take 15 minutes or more. Your goal is to do a pool activity on at least 1 day each week.

Pool activities: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

You don't need to do the same pool activity every week, but try to do at least one. Doing a pool activity more than once a week is a bonus!

## OBSERVING THE CHANGE

Noticing how you are doing can be the first step to success. Take the last day of the week, or the day before your work week starts, to step back and observe your progress.

What day is best for me to do this? \_\_\_\_\_

Any particular time of day? \_\_\_\_\_

### OBSERVING THE CHANGE (CONTINUED)

Doing your observation at the same time as something else, such as your weekly planning for work, can help you remember to do it.

What or who supported me in making a change? \_\_\_\_\_

\_\_\_\_\_

Who or what got in the way? \_\_\_\_\_

\_\_\_\_\_

How can I do more of what supported me and less of what got in the way? \_\_\_\_\_

\_\_\_\_\_

### REWARD YOURSELF FOR PROGRESS

Rewards are a powerful tool to support your progress. Write down 5 possible rewards for reaching your trickle and pool goals each week.

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_



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