

Goal Success Strategies

Research has found that relapse prevention strategies significantly increase the chances of successfully minimizing slips and recognizing obstacles to applying new behaviors. Additional research has confirmed that tracking behavior change efforts results in enhanced goal success.

Complete this *Goal Success Strategies* worksheet to strategize how to prevent slips, sabotage your goals, and track and monitor your progress:

What *potential barriers* might interfere from successfully implementing and sustaining my goals (external, internal, time traps, resources, negative self-talk, etc.)?

How will I *overcome* these potential barriers?

If I lapse and slip at any time in attempting to implement my goals, what are my plans now to avoid relapse to my old behaviors?

What method(s) will I use to track changes in my goal related behavior and habits (e.g., journal, pedometer, etc.)?