

The Affect Balance Regarding my Personal Challenge

My personal challenge

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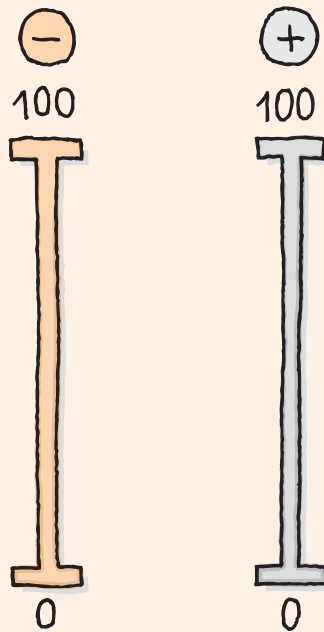
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Affect balance



My Intention Regarding the Secondary Response I Want to Develop

Variation 1:

I want to feel like

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Variation 2:

I want to act like

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Variation 3:

I want to be like

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My own variation:

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Idea Basket for My Motto Goal

A series of 25 horizontal dotted lines for writing ideas.

Checking and Re-Writing Your Motto Goal

The first version of my motto goal:

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A motto goal must...

1. be formulated as an approach goal
2. be 100% under my own control
3. have an affect balance of -0 and at least $+70$

Revised version of my motto goal:

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Attitude Generates Behavior

My personal challenge:

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My motto goal:

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Which new behaviors will follow from my attitude?

1.

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2.

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3.

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My Archive of A Situations

Day 1 Today I behaved in line with my goal when I...

1.
 2.
 3.
-

Day 2 Today I behaved in line with my goal when I...

1.
 2.
 3.
-

Day 3 Today I behaved in line with my goal when I...

1.
 2.
 3.
-

Day 4 Today I behaved in line with my goal when I...

1.
 2.
 3.
-

Day 5 Today I behaved in line with my goal when I...

1.
2.
3.

Day 6 Today I behaved in line with my goal when I...

1.
2.
3.

Day 7 Today I behaved in line with my goal when I...

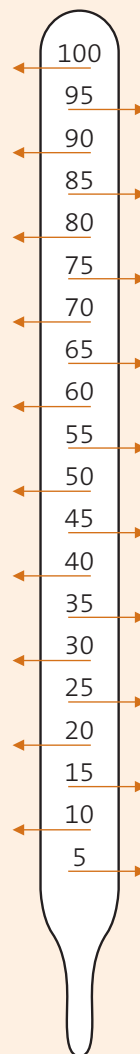
1.
2.
3.



Five B Situations in Which I Want to Apply My Motto Goal

The difficulty of the five B situations should be distributed across the whole thermometer

Difficulty



Applying Motto Goal in Everyday Life

Motto Goal:

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B Situation:

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Reminders:

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Logbook for C Situations

1.
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2.
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3.
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4.
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5.
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My If-Then Plans

1. Situation in which I want to stick with my **primary response**:

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My if-then plan for this situation:

If

then

2. Situation in which I want demonstrate my desired **secondary response**:

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My if-then plan for this situation:

If

then

Wish elements

The following wish elements have characteristics that make me feel how I want to feel:

■ Which animal?

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■ Which plant?

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■ Which vehicle?

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■ Which person?

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■ Which sport?

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■ Which other wish element?

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