

LOOKING FOR DISCREPANCIES

Recall the behavior change challenge you wrote about on the "My Experience with Behavior Change" worksheet and complete the following questions.

1. What was the behavior change challenge you described on "My Experience with Behavior Change" worksheet (aka your "target behavior")?
2. Describe the current status regarding that behavior.
3. Describe two or more goals or values that are important to you that don't quite fit with the current status of this behavior (e.g., wanting to be healthy, financial security, good example for kids, etc).
4. Compare your current status (#2) of your target behavior compared to your values and goals (#3), *does your current behavior fit with your goals and values or not?* How does it feel when you think about the target behavior in the context of your goals and values?
5. Are you more or less motivated to change your behavior now? Explain.

SAMPLE ANSWERS:

1. Save more for retirement in 401 K

2. I am not currently making any contributions to 401 K

3.-Value self-sufficiency
-Don't want to have to work at retirement age

4. My goal can't be achieved with my current behavior. Causes me to feel anxious.

5. Yes, I need to put something in my 401 K