

HIGH-RISK SOLUTIONS WORKSHEET

I would like you to identify one situation that you think will be the most difficult for you to stick with during your lifestyle change. Brainstorm a few ways you might successfully deal with this situation. Then, complete the statement: "When I am in [your identified high risk situation], I will increase my chances of success by [your identified solution]."

These are the situations when I am at the highest risk for not sticking with my lifestyle change:

1. _____

2. _____

3. _____

4. _____

Of these, the HIGHEST RISK situation is:

⬡ 1

⬡ 2

⬡ 3

⬡ 4

These are potential solutions that can help me stick with my lifestyle change in high risk situations:

1. _____

2. _____

3. _____

4. _____

Of these, the solution that I think will be MOST HELPFUL is:
