

## My Plans for Troubleshooting

1. First, think about the barriers in your way. If you aren't following your plan, why not? List the biggest obstacles.

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

2. Do you still find yourself discouraged by negative thoughts? (Circle one.)

Never

Rarely

Sometimes

Always

3. If so, what are they? List the negative messages that get in your way. Then think about ways to counter them and write your positive responses.

**Negative thought**

**Positive response**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. Do you feel confident that you can maintain your program of physical activity no matter what problems arise? (Circle one.)

Almost always

Sometimes

Rarely

Almost never

5. If you answered "rarely" or "almost never," think about steps you can take to feel more confident than you do now. One way is to set more realistic short- and long-term goals. Create a specific plan, and write it down.

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