



# Mindfulness for Change Activity Form

Think of a specific behavior, goal, or habit you are wanting to implement or change in your life.

When thinking about this, what feelings come to mind? Taking note of the sea of possibilities you may be feeling in this moment. Allow yourself to sit for a moment and think about how you truly feel about making this change in your life. This can be a great moment to close your eyes and take some deep breaths while you process this. Pause for at least one minute before proceeding.

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Now, take the essence of your feelings and thoughts on the specific behavior, goal, or habit you want to implement or change to this paper. Look below at the list of phrases, which one do you most identify with? Circle or mark the phrase that most closely resembles where you feel with the behavior, goal, or habit.

I won't do it - I can't do it - I may do it -  
I will do it - I am doing it - I am still doing it

Why did you select the phrase that you did? What thoughts and feelings do you have that helped you make this decision?



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On a scale of 0-10, 0 being not at all ready to change and 10 being a burning desire to change. What number would you give to what is on your mind?

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What brought you to the number you chose? Why did you choose this number and not a lower one? If a lower number, what can help you choose a higher number?

On a scale of 0-10, 0 being not at all confident you can accomplish this and 10 being without-a-doubt confident you can accomplish this. What number would you give to what is on your mind?

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What brought you to the number you chose? Why did you choose this number and not a lower one? If a low number, what would help you choose a higher number?



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If you were to enact this change or achieve this goal, what could be made possible for you?

What Successes have you had with this in the past?



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What motivates you to think about this? What motivates you to consider change?

What would it take for me to change? Or What can I do to change? Or What am I doing to change?



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The specific behavior, goal, or habit I am wanting to implement or change in my life is:

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I desire to create this habit/continue this habit/change this habit/ achieve this goal because:

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Three steps I can take beginning today to move in this positive direction are:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Resources, support, community and advantages to help me with this are:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

This aligns with the vision I want in my life because:

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