Behavior Change Skills Scan

In the vast majority of research that looks at successful habit changers, your personal skills and confidence that you can apply them are enormously important. Unfortunately, many people believe that when they have trouble accomplishing something like losing weight that the primary issue is with their motivation or willpower. In many cases, they do NOT lack will, but instead lack skill. And, that can be fixed!

**Start Here**: What result or habit have you been challenged to achieve?

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**Step 1**: Take 4 minutes (set a timer) and write down every skill that you can think of that someone (other than you) might need in order to accomplish what you want to accomplish.

**Step 2:** Review your list of skills and CROSS OUT anything that you wrote down that is not an action that can go on a calendar.

(This is vital because to create change we must focus on actions instead of principles. While “eat less” may be on your list – that is a principle. An action would be something like “stop snacking after finishing dinner.” This is a subtle but profoundly important distinction to make.)

**Step 3**: Circle the 3 most important skills on the list in your opinion and rank them in priority order 1,2 and 3.

**Step 4:** Apply these 3 to the Instant Ability or Shrink Your Danger Window Exercise, beginning by doing the exercise with #3 first.

 