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| Spring Forward  Change Plan | | | | |  |
|  | | | | | |
| Name | |  |  | Date | Click or tap to enter a date. |
|  | |  |  |  |  |
| PURPOSE | | | | | |
| Clearly identify why you want to make the change. What is the value to you, someone else, or society? Visualize what your future state will look like and how it will feel. | | | | | |
|  | Click or tap here to enter text. | | | | |
| CONTEXT | | | | | |
| Identify the things outside of you that influence your current behavior. List ways to remove those influences. What things can encourage your new behavior? How can you implement those factors? | | | | | |
|  | Click or tap here to enter text. | | | | |
| REPETITION | | | | | |
| Describe how often you will repeat a new behavior. Remember, the time it takes to make or break a habit is based on the complexity of the habit. | | | | | |
|  | Click or tap here to enter text. | | | | |
| REWARD | | | | | |
| Describe how you will be rewarded by the new behavior. Rewards are most effective when they are closely tied to the behavior or built into the behavior. | | | | | |
|  | Click or tap here to enter text. | | | | |
| COMMUNITY | | | | | |
| Identify individuals or communities you can connect with to increase your success. Is there another person who wants to make the same change? Are there support groups? | | | | | |
|  | Click or tap here to enter text. | | | | |

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