



Commit to making progress today by using the below behavior change system steps to assist you in becoming the best version of yourself.

## CRAFT YOUR TRANSFORMATION:

**ASSESS** Evaluate your current health habits and status.

My assessment:

**PURPOSE** Find your why by identifying your reasons for making behavioral changes.

My purpose:

**PRIORITIZE** Identify and rank your top 1-3 health behaviors you aim to improve.

My priorities:

**MINDSET** Determine how you will choose to think about your change efforts.

My mindset:

**GAME PLAN** Determine your strategies that will yield the greatest return/reward.  
Set a specific, measurable, attainable, realistic, and time-oriented goal.

My game plan:

**ACTION** Put the game plan into motion by implementing the strategies you created.

My action::

**REFLECT** Following your action, think back and reflect on what you did or did not accomplish and what you have learned and gained from the experience.

My reflection:

**IMPROVE** Continue making progress and consider utilizing all the previous behavior change steps to improve in other areas of your life.

My health opportunities:

**LEAD** Lead by example and serve others by knowing the way, going the way and showing the way. Do your best to positively influence others.

My leadership opportunities: