Barrier identification

Think about barriers that may stop you achieving your goal and how you might tackle these barriers.
We call these **'if-then plans'.** Only fill out as much as you need to.

For example: **'If'** it is raining **'Then'** I will increase the number of steps I do in the house

IF...	
1	
2	
3	
4	
5	

THEN...	
1	
2	
3	
4	
5	

You can summarise your goal, action and if-then plans on the goal summary sheet at the end of this workbook and in additional resources. You can keep it somewhere to remind you, e.g. on the fridge, coffee table.