

| Triggers | | | Coping Strategies |
|-----------|------|--------|-------------------|
| Lifestyle | Work | Social | |
| • | • | • | • |
| • | • | • | • |
| • | • | • | • |
| • | • | • | • |
| • | • | • | • |

A high risk situation for me could be

If Then

If Then

S

M

A

R

T

My SMART goal:

Making it a success

Rewards

Support

| Organisation | | Contact | |
|--------------|--|---------|--|
| | | | |
| | | | |
| | | | |
| | | | |



Stage I am at:

What I am doing that puts me
at that stage:

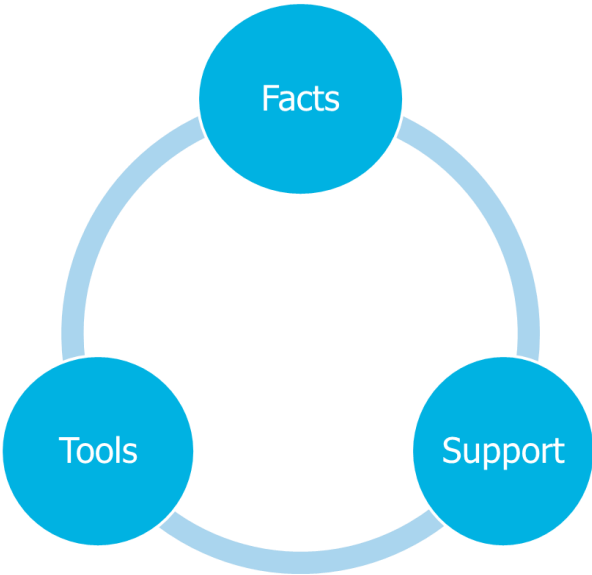
My next steps are:

Knowledge Quiz Review

| | | | |
|---|--|----|--|
| 1 | | 6 | |
| 2 | | 7 | |
| 3 | | 8 | |
| 4 | | 9 | |
| 5 | | 10 | |

Total Wk 1 Total Wk 2

The return of your driving Licence



My change contract

I agree to...

I will...

I am going to...

| | |
|---------------|-------------|
| Signed | Date |
|---------------|-------------|

Notes

Remember:

Unrealistic Optimism

Downward Comparison

Illusion of Control