

Why Change? Values and Goals

My Baby Steps Diary

| Day       | Baby step          | Did I do it? Yes/No | Things that got in the way         | Things that helped                                        |
|-----------|--------------------|---------------------|------------------------------------|-----------------------------------------------------------|
| Example   | Thank Mum for cake | Yes                 | Thought she'd think I've gone soft | Practised saying thank you first before I did it with Mum |
| Monday    |                    |                     |                                    |                                                           |
| Tuesday   |                    |                     |                                    |                                                           |
| Wednesday |                    |                     |                                    |                                                           |
| Thursday  |                    |                     |                                    |                                                           |
| Friday    |                    |                     |                                    |                                                           |
| Saturday  |                    |                     |                                    |                                                           |
| Sunday    |                    |                     |                                    |                                                           |