

Barriers to Lifestyle Change Worksheet

Before you join a church exercise group, walk around the block, visit the local mall, jump on a treadmill, or pick up a dumbbell you may want to **think about the following 8 questions and write down your answers.**

1. What do you want to do and why? _____

2. What are you ready to do? _____

3. What problems might keep you from attaining your goal(s)? _____

4. How confident are you that you can overcome the problems you mentioned in #3. What can you do to overcome them? _____

5. Do you need support from others to exercise? If yes, how will you get that support?

6. What kind of exercise makes you feel good? _____

7. How can you make exercising an optimal experience every time? _____

8. What can you do to make your exercise more enjoyable? _____

