

What's Stopping Me?

It's easy to think of reasons that change is hard. Try to face your fears and excuses head-on. What's stopping you from reaching your goals? Write down anything that comes to mind. Be as specific as you can. For each barrier to change, try to think of at least two possible solutions.

Change I Want to Make	What's Stopping Me?	Possible Solutions
<i>Become more active.</i>	<i>Afraid my heart isn't strong enough.</i>	<i>Ask my healthcare provider about activities that are safe for me. Ask a friend to take short walks together.</i>