

# CHANGE YOUR MIND TO CHANGE YOUR ACTIONS!

<b>Decision Point</b> (When can you intervene to change things?)	<b>Self Talk - ANTS</b> (Justifications & excuses you use BEFORE you decide not to do the healthy behaviour)	<b>Consequences</b> (What are the Physical, Behavioural, Social & Emotional Consequences of these thoughts?)	<b>Alternative Self Talk - PETS</b> (What could you say to yourself to make it more likely that you will achieve your goals at the decision point?)
	<p>Confidence in achieving your goal, given these ANTS</p> <p style="text-align: right;">/10</p>		<p>Confidence Level, Given Your PETS</p> <p style="text-align: right;">/10</p>