

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 | | | | |