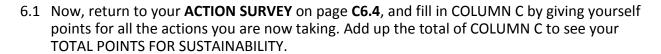
| Name: | Course: | Date: | |
|-------|---------|-------|--|

6. MY ACTIONS

Points for Sustainability



| 5-15 Great : | tart! You have lots of choices for actions to increase yo | our score. |
|---------------------|---|------------|
|---------------------|---|------------|

16-31 You are well on your way to creating healthy, sustainable habits!

32 or more WOW, Superstar! You are here to inspire others. Lead on!

Points for Change

6.2 **CHANGING** our habits is a big accomplishment! As we increase our awareness we will see the impact of each choice we make and even more ways to "be the change." To give yourself points for trying new actions and being willing to change old habits, subtract the total of COLUMN A from the total of COLUMN C to get your total POINTS FOR CHANGE.

Total Column C: - Total Column A: = TOTAL POINTS FOR CHANGE

3-6 You've overcome the hardest part to change – STARTING! Keep it up!

7-15 Well done – keep consistent with your changes to create new habits!

16 or more Way to be a CHANGE AGENT! Check out other Action Packs for more ideas.

Reflection on Taking Action

Answer these questions after completing your Action Pack (use more paper as needed)

6.3 What was rewarding about making a commitment to action and changing my behaviour?

6.4 What was challenging?