

Name: _____ Course: _____ Date: _____

6. MY ACTIONS



Points for Sustainability

6.1 Now, return to your **ACTION SURVEY** on page **C6.4**, and fill in COLUMN C by giving yourself points for all the actions you are now taking. Add up the total of COLUMN C to see your **TOTAL POINTS FOR SUSTAINABILITY**.

5-15	Great start! You have lots of choices for actions to increase your 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?