

FIRST STEPS WORKSHEET

DIRECTIONS: OUTLINE YOUR FIRST STEPS USING THE MAP AS A GUIDE



FIRST STEPS TO A NEW BEHAVIOR



What Is The Payoff? Why Are You Doing This? How Will Students Benefit?

What Cue Will You Place In Your Environment To Remind You To Engage The New Behavior?

What Is The Tiny Habit To Get You Started?

What Are The First Steps That You Must Do Complete To Initiate The Behavior?

When Will You Practice? How Often?

Practice Small Chunks Of The Bigger Action.

What Is The Plan When You Stumble?

What Are 2 Barriers That Will Potentially Interfere With Your Practice? How Will You Overcome These Barriers?