

Be aware and prepare

Use this resource to consider and prepare for all possible barriers, situations and circumstances that could prevent or hinder your current change attempt.

Awareness

Brainstorm all of the possible barriers, situations or circumstances that could negatively impact on your current exercise related change attempt. Ensure you think about past attempts to change and more specifically think of the things that prevented or hindered you from making these changes.


Several prompts to trigger thinking have been included below:

<p><i>Alcohol and/or drugs</i></p> <p><i>Children</i></p> <p><i>Disability</i></p> <p><i>Discomfort</i></p> <p><i>Dislike of conventional exercise methods e.g. gyms</i></p> <p><i>Dislike of exercise in general</i></p> <p><i>Domestic commitments e.g. house work</i></p> <p><i>Embarrassment</i></p> <p><i>Energy levels</i></p> <p><i>Family commitments</i></p> <p><i>Fear e.g. of failure, ridicule</i></p> <p><i>Food intake</i></p> <p><i>Injury</i></p> <p><i>Lack of direction/goals</i></p> <p><i>Lack of knowledge about exercise/nutrition</i></p> <p><i>Laziness</i></p> <p><i>Mental health e.g. depression</i></p> <p><i>Money</i></p> <p><i>Motivation</i></p> <p><i>Not knowing where to start</i></p> <p><i>Self-doubt/loathing</i></p> <p><i>Sickness</i></p> <p><i>Sleep/tiredness</i></p> <p><i>Social commitments/situations</i></p> <p><i>Stress</i></p> <p><i>Taking the first steps</i></p> <p><i>Transport</i></p> <p><i>Travel commitments</i></p> <p><i>Unhelpful habits e.g. smoking</i></p> <p><i>Weather</i></p> <p><i>Work commitments</i></p>
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Preparation

After establishing all possible barriers, situations or circumstances, consider the two questions below then fill in the table

- What are the top three to five things that you feel will threaten or negatively impact on your current change attempt?
- What could you put in place to ensure that when these things occur they don't negatively impact on your change attempt?

My top three to five barriers, situations or circumstances	My plan for managing these barriers, situations or circumstances (Plan A)
<p><i>Most relevant/likely to occur</i></p>  <p><i>Not as relevant/likely to occur</i></p>	<p><i>Make sure any plans made are realistic and have the best chance of succeeding</i></p>

Plans B and C

Having a backup plan for when things go wrong is essential. Even better is having a backup plan for your backup plan.

Consider what you could do if for whatever reason you are unable or unwilling to implement Plan A. As these are backup plans to your first options (Plan A) it is ok for them to be a little more extreme.

If for whatever reason I can't implement my Plan A, I will try...

My Plan B

My Plan C

Remember

If for whatever reason you are finding that some or all of your pre-emptive strategies aren't working then ensure you rethink your strategies by completing this resource again.