

■ Worksheet 4: Sustainable Alternatives

Part A: Separating Need from Method

For each old behavior, identify the underlying need and find sustainable alternatives:

[illegible]

Part B: 30-Day Alternative Experiments

Test sustainable alternatives and track what works:

Experiment 1:

Alternative I'm testing: _____

Week 1 observations: _____

Week 2 observations: _____

Does this meet my need sustainably? ☐ Yes ☐ No ☐ Modify

Experiment 2:

Alternative I'm testing: _____

Week 1 observations: _____

Week 2 observations: _____

Does this meet my need sustainably? ☐ Yes ☐ No ☐ Modify

Experiment 3:

Alternative I'm testing: _____

Week 1 observations: _____

Week 2 observations: _____

Does this meet my need sustainably? ☐ Yes ☐ No ☐ Modify

Experiment 4:

Alternative I'm testing: _____

Week 1 observations: _____

Week 2 observations: _____

Does this meet my need sustainably? ☐ Yes ☐ No ☐ Modify

Experiment 5:

Alternative I'm testing: _____

Week 1 observations: _____

Week 2 observations: _____

Does this meet my need sustainably? ☐ Yes ☐ No ☐ Modify

Part C: What Actually Restores You

Not what 'should' restore you—what actually does:

Physical restoration (what helps your body feel better):

Mental restoration (what quiets your mind):

Emotional restoration (what helps you feel safe):

Social restoration (who/what connection restores you):

Creative restoration (what sparks joy without pressure):
