

# 'If / Then' Planning Worksheet

If / Then planning is a technique to help you plan ahead for things that could take you off track and how you will handle them ahead of time.

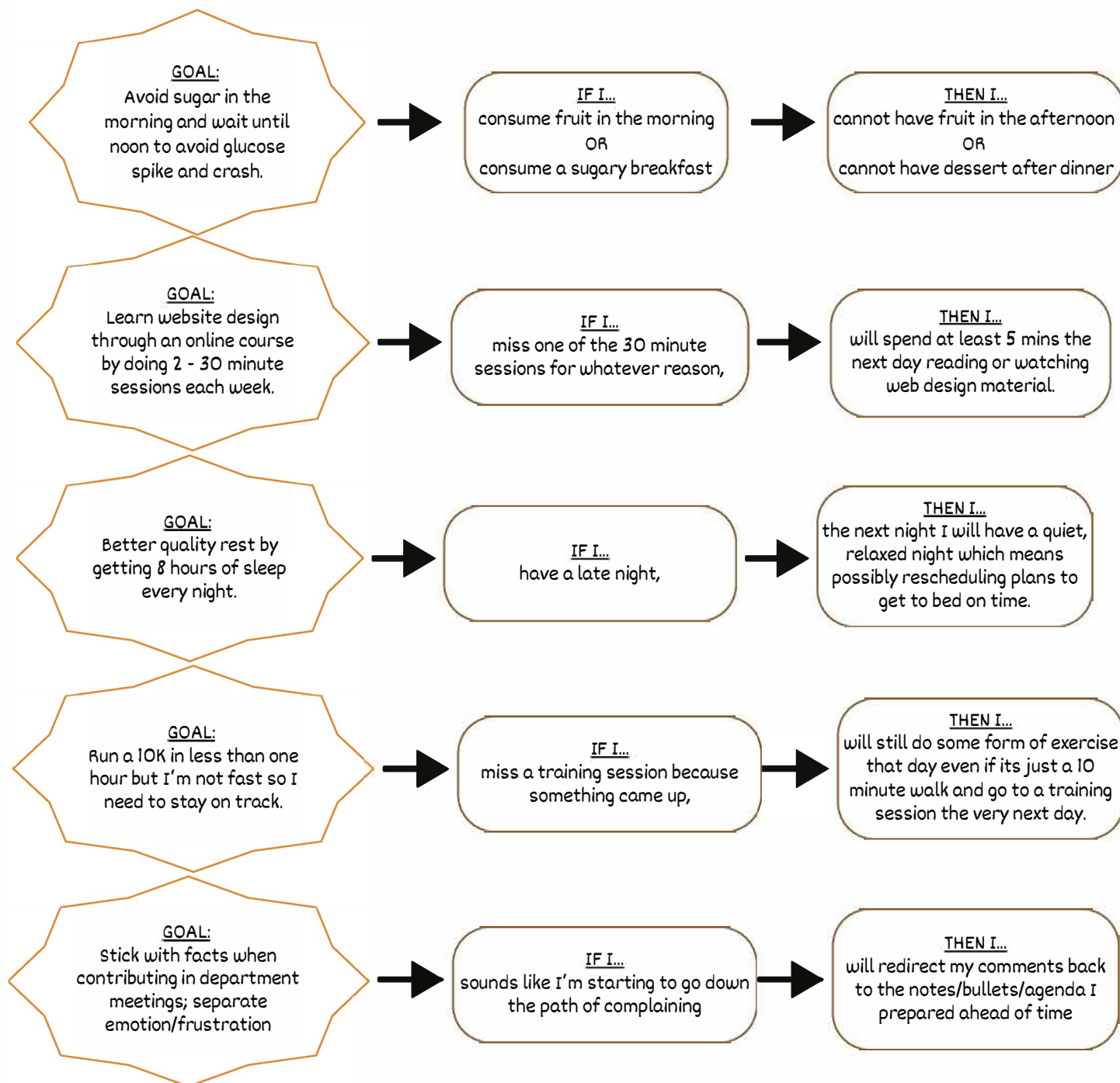
## Benefits

More likely to stick with commitments  
Helps with managing triggers  
Reduces feelings of anxiety

See examples and question guides below to help you create your own plan.

### 1 - What's the goal/task?

### 2 - What's the plan if you don't do it?



NOW IT'S  
**YOUR TURN!**

see  
**NEXT PAGE!**

# Practice 'If / Then' Planning Worksheet

Name: \_\_\_\_\_

Date: \_\_\_\_\_

1 - What's the goal/task?	GOAL:	IF I...	THEN I...
	GOAL:	IF I...	THEN I...
	GOAL:	IF I...	THEN I...
	GOAL:	IF I...	THEN I...
		2 - What's the plan if you don't do it?	