



Implementation Intentions

Implementation Intentions are designed to help create a new behavior and habit. It is an “if-then” statement so that you can decide in advance that “if” a certain event or behavior happens, “then” you will do X. It cues the brain so that when you recognize the “if” event, you have already made the decision about what you will do.

Research suggests it takes 28 days to create a new habit. While it is fine to keep a list of implementation intentions, it is generally more effective to only work on a few at any given time. Once you create the new habit, you can review your list and see what you would like to try next!

If _____ (what, where, when about event),

then I Will _____.

If _____ (what, where, when about event),

then I Will _____.

If _____ (what, where, when about event),

then I Will _____.

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Reframing Negative Self-Talk

At times, we suffer because of our negative self-talk. Essentially, we bully ourselves! Creating a log to replace those negative thoughts/statements with positive statements can help!

What Can I Say To Myself?

What Triggered My Negative Self-Talk?	What Did I Say to Myself?	What Evidence Supports or Contradicts That Statement?	How Can I Reframe That?

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My “WOW” Log

Do you keep track of your “successes”? These can be a powerful reminder/evidence when you are facing a new challenge. And, it is extremely helpful in a professional setting when you are asked to complete a self-evaluation or reflect on your professional skills and growth.

It can also counterbalance our tendency to remember the negative, rather than the many positives of our successes.

Suggestion: Weekly or monthly, reflect on the following and describe your “WOWs.”

Date	
Project/event/situation	
What I did	
What I learned	
What I would do differently, if anything, the next time (keep a forward focus)	

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