



Worksheet for *Staying on Track*

An exercise for when sticking to healthy habits feels hard

Purpose: To stick to the plan when motivation dips and temptations become stronger

How To Use This Worksheet:

Think of this worksheet as a check-in with yourself.

There are no right or wrong answers.

Take a deep breath, and go through the sheet step by step.

Be open about what comes up when you go through the steps.

You can either type/write/mark your responses, or think out loud.

Having a printed sheet in your hand usually helps.

Change requires consistent effort, so keep practicing.

Remember

- The ability to resist temptation drops when you're tired or overwhelmed
- Action builds momentum, momentum sparks motivation
- Slipping up is part of learning
- Aim for consistency, not perfection

1) What **action or habit am I trying to stick to right now?**

e.g. applying for career opportunities regularly

2) What is **making it harder today?**

Tick, write or say whatever fits

- I'm feeling tired
- I'm feeling lonely
- I'm feeling pressured
- I'm feeling overwhelmed
- I'm feeling afraid
- I'm missing familiarity
- _____

3) What **temptation is pulling me instead?**

e.g. Procrastination, mindless scrolling, ordering dessert

4) What is **one tiny bit of my plan I can still do today?**

e.g. open a job portal and save one listing

5) What can I **change around me so I don't have to rely on motivation alone?**

Work with any that apply

- Keep temptations out of sight e.g. mute unwanted notifications/posts
- Pair the action with something enjoyable e.g. put on upbeat songs
- Reduce choices by deciding in advance e.g. schedule reminders on phone
- Change the setting e.g. sit near the window
- Make the healthy choice more convenient/easier than the unhealthy one
e.g. app usage limits
- Remind myself why this matters: e.g. my peace > temporary relief, future me deserves better options

6) Let me think of a time I did resist a temptation, or follow through even when it was hard.

- What did I manage to do?

e.g. I applied for my last job even when I felt unsure

- What helped that time? e.g. talking to someone from my field

- *If I handled that, maybe I can handle this too.*

(say this to yourself until you feel a lil more convinced)

7) What will I say if I slip up today?

Choose helpful words, not harsh or judgmental words

e.g. “an adjustment I can try next time is...” instead of “i can’t do this”

8) After I try, how do I feel?

- Relieved
- Proud
- Hopeful
- No change
- Low
- Other:_____

Remember

Every time you try, you’re teaching your brain that you *can* rely on yourself
That’s how self-trust and motivation grow

Want to work on this on a deeper level?

[Consult a therapist online](#)