Motivational Interviewing Exercise

Things I Could/Should START Doing:  

Things I Could/Should STOP Doing:

1. Are these realistic? Rate each item listed from 1-10 of how realistic these changes are. (10 being extremely realistic)

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2. Pick 1 or 2 items from each side of your list that you want to **focus on**.

___________________________________  ___________________________________
___________________________________  ___________________________________

3. **WHAT is entailed** to make these changes?

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4. If these changes were to occur, what would change in **your life overall**?

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5. **Three short-term goals** you would like to set involving these changes:

   1. ___________________________________________________________________
   2. ___________________________________________________________________
   3. ___________________________________________________________________