



PLANNING MY TINY CHANGE		✓
The tiny change I want to make is		
Is there anything I need to prepare or do first?		
What could get in the way? And how will I stop that from happening?		
When will I begin to make the change?		
How long will I keep it up for to feel I've made a long term positive change?		
What small reward will I give myself if I keep the change up?		



MY TINY CHANGE - EXAMPLE SHEET



PLANNING MY TINY CHANGE		✓
The tiny change I want to make is	<i>Eat 4 walnuts a day</i>	
Is there anything I need to prepare or do first?	<i>Buy walnuts at the shop</i>	
What could get in the way? And how will I stop that from happening?	<i>Other people eating them: I will hide some in a certain place so I don't run out</i>	
When will I begin to make the change?	<i>Monday 14th October</i>	
How long will I keep it up for to feel I've made a long term positive change?	<i>3 months</i>	
What small reward will I give myself if I keep the change up?	<i>I will buy that woolly hat I wanted</i>	



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Rethinking Pain is a service led by Keighley Healthy Living (KHL) in partnership and collaboration with HALE, VCS Organisations, Bradford District Health & Care Partnership & Primary Care Networks