What brought you here?

01 Why now?

What happened, what have you been noticing, or what made you want to start?

02 What kind of change are you looking for?

Check any that fit.

- [ ] A habit or behavior
- [ ] How I respond to strong emotions
- [ ] A bigger change in my life
- [ ] A recurring thought pattern
- [ ] A relationship pattern
- [ ] I'm still figuring it out

03 What would you like to be different?

If you're unsure, think of a recent moment you wish had gone differently. What would you want to do, say, or handle differently next time?

For now, the change I want to work on is...

START WITH A WORKING GOAL

Download the PDF and open it in a PDF reader. Type into the white boxes, then save a copy with your answers. Turn the page to see how Alex turned one goal into a plan.

For education and reflection. If changing a behavior raises health or safety concerns, get help from a qualified professional.

Alex’s one-page plan

Alex is fictional. They kept scrolling in bed. When setting the alarm brought the phone back to bed, they changed the plan.

My goal

What I want to change

Put my phone down before getting into bed.

V / Values

Why it matters to me

I want more say over how I spend my time and a morning that feels less rushed.

I / Identify

What gets in the way and where I can respond differently

Bedtime feels like my only chance to switch off. I can decide where the phone goes when I plug it in.

C / Change Plan

When this happens, I will...

When I get ready for bed, I’ll plug in my phone on the dresser across the room.

What will make it easier, and what’s my backup?

I’ll listen to music and set my alarm on the couch first. If I scroll in bed, I’ll put the phone back after the video.

E / Execute

When I’ll start, what I’ll track, and when I’ll review

I’ll try this for a week, starting tonight. I’ll log where the phone was and how rushed I felt the next morning. I’ll review in a week.

THE FULL VICE WORKBOOK / $15

Build your own plan, try it for a week, and decide what to keep or change. A 44-page fillable PDF by Andrew Goldberg, PsyD.