

## My Plan for Moving From Concept to Reality

1. Choose a concept or idea to make real. (This step works best if it is your idea.)

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2. Establish intention. (Reflect on why you want to make this happen.)

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3. Script the behavior and add plan B. (Be clear about what you'll be doing. Expect setbacks, and have an alternative if plan A doesn't work out.)

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4. Create cues. (Expect that you will forget to carry out certain key behaviors, and set up cues and prompts to remind you to engage in them.)

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5. Do the behavior. (Stay as close as you can to the script in step 3.)

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6. Reward yourself. (Your brain needs something to look forward to; make sure you have a reward in mind for accomplishing your goal. Have both now and later rewards.)

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7. Renew yourself. (Reflect on what you achieved. Ask yourself, "What worked, and what could I improve?")

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