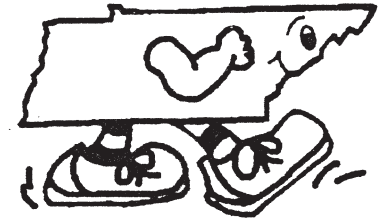


Assessing Your Blocking & Supporting Factors to Moving More

What factors in your emotions or environment support or block your desire to move more? Use this worksheet to identify these factors so you can begin to look for ways to decrease the blocking factors (barriers) and increase the supporting factors.



MY GOAL IS:

Example: I want to get more exercise.

IN YOUR EMOTIONS/ATTITUDES:

Example: PRO: I'm concerned about my weight.

CON: Lack of time to exercise.

PRO: _____

CON: _____

IN YOUR FAMILY:

Example: PRO: I can be a positive role model for my kids if I exercise.

CON: My spouse says exercise would take away from our time together.

PRO: _____

CON: _____

IN YOUR JOB/COMMUNITY:

Example: PRO: I could exercise with my friends.

CON: It's difficult to exercise when I travel.

PRO: _____

CON: _____

Creative ideas to increase supporting factors and decrease blocking factors:

In your emotions/attitudes:

In your family:

In your job/community:

Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment.

