**EXERCISE A: CHANGING YOUR BEHAVIOR**

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| **What did I want to change?** |  |
| **What motivated me to change?** |  |
| **What made it more difficult to change?**  | 1.  |
| 2.  |
| 3.  |
| **What made it easier to change?** | 1.  |
| 2.  |
| 3.  |