## What have you jumped over?

### ᄣ What can you jump over?

# Jumping Your Hurdles

#### 1. Identify the Problem What problem do you really want to overcome?

- 2. Create Options What are some options you can create?
- 3. Get Help Who can help you get over your hurdle? Who can you help?

#### 4. Take Action

What specific behaviors (actions) do you need to stop or add to jump your hurdle?

**Stopped Behaviors** 

#### **Added Behaviors**

#### 5. Believe In Change

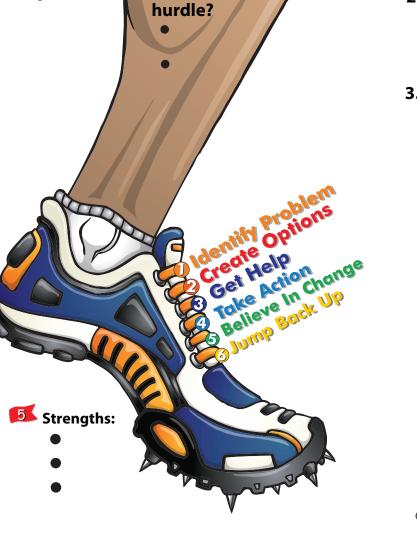
On a scale from one to ten, circle where you are in believing change will happen. "I can't "I know I have "Maybe" change" the strength" 1. 2. 3. 4. 5. 6. 7. 8. 9. 10.

#### 6. Jump Back Up

If you trip, how will jumping back up make you stronger?

Your Problem: VOULOSE Only LOSE Only LOSE Only Cive





Why should you

try to jump your