

### Barriers to Lifestyle Change Worksheet

Before you join a church exercise group, walk around the block, visit the local mall, jump on a treadmill, or pick up a dumbbell you may want to **think about the following 8 questions and write down your answers.**

1. What do you want to do and why? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
2. What are you ready to do? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
3. What problems might keep you from attaining your goal(s)? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
4. How confident are you that you can overcome the problems you mentioned in #3. What can you do to overcome them? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
5. Do you need support from others to exercise? If yes, how will you get that support? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
6. What kind of exercise makes you feel good? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
7. How can you make exercising an optimal experience every time? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
8. What can you do to make your exercise more enjoyable? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_