NAME: _____ DATE: _____

# Middle of Your Behavior Change Project

*Complete this journal response somewhere in the middle of your behavior change project.*

How do you feel about your behavior change now that you are in the middle of the project? Has it become any easier or harder to change? Why do you think that is? Have you achieved any goals or rewards yet? Have you encountered any obstacles? Which? If you've encountered an obstacle to changing your behavior, how will you avoid it in the future?