NAME: _____ DATE: _____

End of Your Behavior Change Project

Complete this journal response at the end of your behavior change project.

Congratulations, you've completed your behavior change project! Look back over your journal entries; how did it go? Was it easy for you to change your behavior, or did you have a harder time than you expected? Will you continue to maintain your behavior change? How will you accomplish this and why? Was this project helpful to you?