

Your WW-BEAR Plan

Answer the following questions with your best truth in mind.

W - My what? Helpful Hint: Think about what you would like to get from building this running habit.

W - My why? Helpful Hint: Reflect on your why. Why do you want to build this running habit?

B - My breath... This one is so important. **Helpful Hint:** Right now – without thinking – notice where your breath is in your body.

Upper chest ____

Lower chest ____

Stomach ____

Lower stomach ____

Other ____

E – Externalize: What are three ways you can express – let out, get out, or verbalize – these feelings? **Helpful Hint:** As you build this habit you will experience difficult feelings – fear, insecurity, frustration, disappointment, etc. To whom could you express these feelings? **Tip:** This could include a safe supportive Facebook group.

1.

2.

3.

4. To whom:

A - Actionable Plan: List and explain at least three reasonable, doable, actionable steps. **Helpful**

Hint: When you notice your system slipping out of your window of tolerance – and it will – you will need a mental action plan to help shift the system back into your window. **Personal**

Example: You can see that I adjusted my thoughts, grounded my body, and focused on slowing my breathing down.

1.

2.

3.

R – Reward: No skipping this step... List at least one reward in the categories provided that are meaningful and realistic for you. **Helpful Hint:** Reward, whether it's internal (good feelings, positive thoughts, etc.) or external (verbal recognition, a high five, etc.) reward is a powerful component of reinforcing behavior. **Personal Example:** Fun, sense of accomplishment, motivated, excited.

My internal reward is:

My external reward is:

A big reward is:

A small reward is:

Notes to self: