



Physician Vitality Success Builder Worksheet

Habit / Behavior	Confidence Level (if it's not at least an 8 out of 10, then modify it or pick something else)	Motivation – what's your “why”? / incorporate your values into why you're motivated to make this change	Ability – Identify limiting factors and how you can decrease resistance between desired behavior and your ability to execute	Prompt – what will help prompt, or remind you, to execute the desired habit/behavior?	Environment – anything you need to add or subtract to make to your home, work, car, or travel environment to be successful?