

ABILITY CHECKLIST



MONEY

Do I have the financial means to complete the behavior?

Can I make it more financially feasible?



TIME

Do I have the time required to complete the behavior?

Can I make it easier by reducing the time?



MENTAL

Do I know exactly what to do and how to do it?

How can I outsource part of the behavior? Ask for help or maybe find a helpful app.



PHYSICAL

Am I physically able to do the behavior?

How can I make the behavior less tiresome? Can I start smaller or make it easier?



ROUTINE

Is the behavior part of my routine?

How can I link it to my current routine? After what behavior can I do the new behavior?



SOCIAL

Do I have the support from people around me?

How can I get better support? Can I find anyone else doing it?



BEHAVIOR IS EASY TO DO

