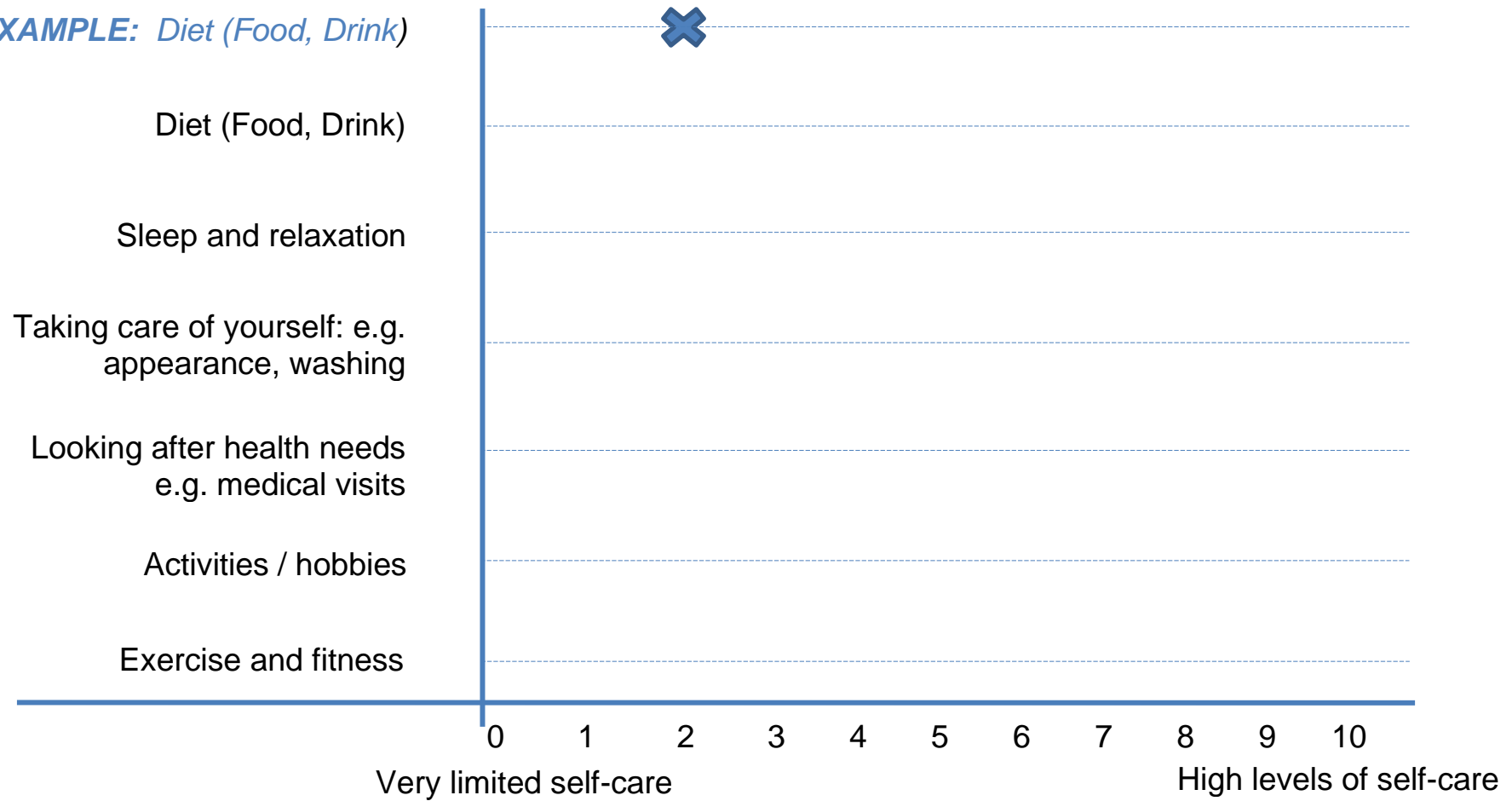


**EXAMPLE:** Diet (Food, Drink)



- 1. Write the area you would like to improve**
- 2. How could you improve it by 1 or 2 points in the next week**
- 3. What would you need? Who would you need to help you?**

## Module 1 - Setting some personal self-care 'Imps'

Remember – an implementation intention (or 'Imp') is a plan and promise to yourself that can make you 2 times more likely to make a specific change in your actions



Example for sleep self-care:

IF ...it is 11pm and I am at home.....

THEN...I will go to bed even if my partner does not.....

IF .....

THEN.....

IF .....

THEN.....



Make your Imp specific

E.g. name a time, a place or a person

Make the THEN an action if possible. It makes it easier to review