



TAKE CARE OF TEXAS: EDUCATOR MATERIALS

# WORKSHEET

## Sustainable Actions Plan

### The Goal (What and Why)

- **New Habit:** \_\_\_\_\_ (e.g. Practice source reduction)
- **The “Why”:** \_\_\_\_\_ (e.g. not to have extra product)

### The System (Cue, Action, Reward)

- **Cue:** “After I [Existing Habit]...” \_\_\_\_\_ (e.g., “...realize I need a product”)
- **Action:** “...I will [New Habit]...” \_\_\_\_\_ (e.g., “...research alternatives”)
- **Immediate Reward:** “Then I will...” \_\_\_\_\_ (e.g., “...decide if a new product is warranted”)

### The Plan (Time and Location)

- **Frequency: Daily / Specific Days:** \_\_\_\_\_
- **Location:** \_\_\_\_\_

### Obstacle Management

- **Obstacle:** \_\_\_\_\_ (e.g., “Urgent need”)
- **Strategy:** “If [Obstacle] happens, I will...” \_\_\_\_\_ (e.g., “...have a compiled list of alternatives”)



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# Daily/Weekly Habit Tracker

Habit	M	T	W	TH	F
[Habit Name]	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
[Habit Name]	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>