

“If-Then” Worksheet

You will face challenges when you’re attempting to delay gratification. A proper “if-then” plan gives you a framework for alternative responses when impulses present themselves. Fill in the blanks and keep the sheet handy when new opportunities erupt that challenge the change you want to make.

Example: **If** I want another snack, **then** I will first do 10 push-ups and drink a glass of water.

If

then

If

then

If

then

If

then