

Successive Approximation Worksheet

Step 1: Terminal Behaviour

Write the clear, observable end goal (e.g., Jog 20 min Mon/Wed/Fri): _____

Step 2: Micro-Moves

List 6–8 small actions leading toward the goal: _____

Step 3: Ordered Steps

Reorder steps from easiest to hardest: _____

Step 4: Rewards

Assign a small reward for each step: _____

Step 5: Schedule First Rung

Schedule first rung (within 24 hours): _____

Step 6: Master Criteria

What criteria must be met before leveling up? _____

Step 7: Tracker

√ = Complete, Reward, Mood (0–10): _____

Step 8: Notes on Adjustment

Any adjustments made to stay on track: _____
