

AFI Tracker



AFI stands for Area For Improvement.

Goal: Tracking our progress can be a powerful tool in making changes. It has the potential to keep us in reality and even motivate us if we're making some progress. Try it and if it doesn't lift you up, find another tool to support you in your change effort.

Process: Fill out a new line each time you check in (the first filled line is just an example). Be honest with yourself, any result is okay. This is not about perfection, but about moving in the direction of what you want. Every time ask yourself, is there are improvements you want to make to your AFI Shifter chart (adapt your practice, change the wording of your purpose, add another cue or another cost). If the result is encouraging, celebrate. If the result isn't, reconfirm your commitment.

Date	Number of times I have engaged in this behavior since last check-in	Number of times I have refrained from this behavior since last check-in
December 31,2021		