

# Temptation Bundling



Name \_\_\_\_\_ Date \_\_\_\_\_

Sometimes getting the things done that you don't really want to do is all about winning the brain game. One way to do that is to bundle the thing you are dreading or avoiding with something you enjoy or want. Below, create a list of common things that you need to do but avoid, with activities that will make your unwanted activity more appealing.

"Should" Behavior	"Want" Behavior

## Match Em Up

Create a list below of "Wants" that you could use to convince yourself to perform unwanted "Should" tasks. Leave this "Should" list blank for now, add to it as tasks come up throughout the week and then match your "Should" with one of your "Wants" to help you feel motivated.

Wants

Shoulds