



Trying Something New Worksheet

Date: _____

1. What New Activity or Experience Will You Try?

(Describe the activity or experience in one to two sentences)

2. Goals for Trying This New Thing

Short-Term Goals:

(What do you hope to gain, feel, or learn from this experience in the near future?)

- 1.
- 2.
- 3.

Long-Term Goals:

(What long-term benefits do you hope to achieve if you continue with this activity?)

- 1.
- 2.
- 3.

3. Reflecting on the Experience

Did You Enjoy This Experience?

(Circle one):

Yes / No / Somewhat

Describe How You Felt During and After:

4. Evaluating the Pros and Cons

Pros:

(What did you like or find beneficial?)

1.

2.

3.

Cons:

(What did you dislike or find challenging?)

1.

2.

3.

5. Next Steps

Would You Try This Again? Why or Why Not?

If Yes, What Are Your Next Steps?

(How would you incorporate it into your routine or improve your experience next time?)

1.

2.

3.

If No, What Other Activities Might You Want to Try Next?