

Associations Worksheet

Associations are connections we make between two or more items, situations or events. Think about the associations you have made with the following:

Exercise

Eating healthy

Fast food

Chocolate

Salty-Crunchy snacks

Television

Whole grain products

Cookies, pastries, etc.

Fresh fruit

Fresh veggies

Smoking

Alcohol

Other :

Fold this paper in half or hide it so that you will not see it when you review your folder everyday. Acknowledge that this is where you are right now, and that's okay.

New Associations

From this day forward, *I choose* to have the following associations:

Exercise

Eating healthy

Fast food

Chocolate

Salty-Crunchy snacks

Television

Whole grain products

Cookies, pastries, etc.

Fresh fruit

Fresh veggies

Smoking

Alcohol

Other :

Leave this paper in your binder so you can review it everyday.