

## **Exercise #5**

### **Design a Project and Test How Behavior Change Can Work**

In this small group exercise design, write, discuss and present a behavior change project to conduct at your library.

**Instructions:** Using the questionnaire below, design a behavior change project to practice at your library when you return. Discuss the idea with the other people in your small group. You will be asked to present your idea to the larger group as well. Please write down the answers.

1. What is one idea from the class you would like to practice in your workplace?
2. With whom would you like to practice it?
3. How will you do it?
4. How will you know you have been successful?
5. When will you practice it?
6. What help would you need to make it successful?
7. If it is successful, how will you use the idea on a regular basis?
8. If it is not successful, what will you practice the next time?
9. Do your colleagues think this project a reasonable thing to Practice?
10. Write a one-sentence description of your project:

**These are general examples of descriptions of behavior change projects.**

I will try pacing the speech of three library users with whom I don't feel comfortable and see and listen if that changes their behavior.

I will note how I turn my body with two people I like versus two people I don't like, and observe what happens when I change my posture. Can I change their behaviors?

I will match the behaviors of two of my favorite library users and notice what details of their behaviors I like, and then I will try to do the same with library users I don't like. Can I change their behaviors?