

## GOAL AND ACTION PLAN

### Setting a Goal:

- When will you start?
- How often will you do this behaviour?
- How will you measure progress?

### Your SMART Goal is:

### Your Action Plan:

- All the micro steps needed to overcome barriers and achieve the task
- When & how you plan to do each step
- Reminders & prompts
- Support – partner, family, friends
- Thinking strategies
- Method of tracking
- Reassess the importance of this goal and your confidence in achieving it

### Questions to ask:

- What's your first step?
- What else would you need to do?
- How will you remember to do these things?
- Who or what could support you?
- Do you have a back up plan?
- What do you need to say to yourself to motivate yourself?
- Does this goal still feel right?

### Your Action Plan is:

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