



CREATING AN ACTION PLAN

What is involved?

- 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?

EXAMPLE – Creating an action plan from goals

General Goal: Improve nutrition

Specific Goal: Decrease extra foods

Task: Reduce snacking at night

SMART Goal: Limit snacking at night after dinner 4 x week from tonight

Action Plan:

1. Discuss goal and plan with family members
2. Don't have tempting snacks (that family members don't eat) in the cupboard
3. Have herbal tea after dinner
4. Clean teeth after herbal tea
5. Write health and wellness vision up and place on side of fridge
6. Brainstorm enabling thoughts that have helped to succeed in the past
7. Track nights without snacking on weekly calendar
8. Review goal and plan with health coach in 2 weeks