

# ACT NOW ACTION PLAN

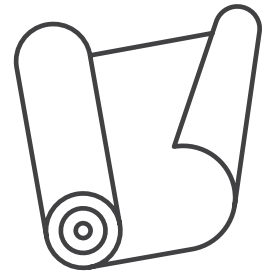
and Goal Setting

We have already established you are ready and motivated to make a change, now we are going to make a specific plan to guide you. This could be as simple as getting some extra activity or eating healthier meals.

**1** What is the specific area where you would like to see a change?

**2** What is your long-term 'dream' goal?

## ACT NOW



**3** Write a SMART goal for achieving this.

SMART goals are:

**S** **Specific** – the more specific you can be, the better.

**M** **Measurable** – having a target. M also stand for Meaningful – it really needs to be important to you.

**A** **Achievable** – we want you to succeed. But you can still have those 'big dream' goals – think of this as the first step.

**R** **Relevant** – does this connect with you and what's important?

**T** **Time-bound** – what's the time frame? Write it down and check it daily.

SMART goal:

Now let's break it down

# 4 MY ACTION PLAN

**Who**

**What**

*Specify recommendations, attach additional exercise sheet if needed.*

**When**

**Where**

**With whom**

**For how long**

**5** How confident do you feel about meeting this target?

0 1 2 3 4 5 6 7 8 9 10

**6** Watch out for the following potential obstacles

*Prompt regarding Capability, Opportunity, Motivation factors.*

**7** Tips to help you stick to the plan ('strategies' that could help)

**To the best of my ability I will follow this action plan.**

Signature

Witness

Date

Review date