

Healthy Goals Action Plan

General Goal: _____

Specific Goal: _____

What are you going to do? How often? When will you start? When will you review your progress? How will you monitor your progress?

Action Steps:

Tick when achieved

- What do you need to do in order to achieve your goal?
- How will you remember to do these things?
- What might get in the way of achieving your goal?
- Do you have a contingency plan?
- What can you do to increase your confidence in achieving your goal?
- How do you need to be thinking to maximise your chances of success?
- Who/what can support your efforts?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____

How much do you want to achieve this goal?

(Not at all) 1 2 3 4 5 6 7 8 9 10 (Very much)

How confident are you that you can achieve this goal?

(Not at all confident) 1 2 3 4 5 6 7 8 9 10 (Very confident)