

# Goal and Action plan

Use this plan to help set goals and the supporting actions to get you there. You'll find some useful examples on this sheet to help inspire you to write your own.

## Example A

### Goal

Over the next: 12 weeks

My goal is to: Lose 3kg in body weight

So that I: Feel healthier and more confident

### Action 1

Only have starchy carbohydrates (bread, rice, pasta) one meal a day

### Action 2

Get more sleep by turning off the television and limiting mobile phone use after 9pm every day.

## Example B

### Goal

Over the next: 30 days

My goal is to: Sleep well at least 4 days a week

So that I: Feel more energised

### Action 1

No coffee after 12 noon.

### Action 2

New bed routine of 10 minutes meditation, a bath and lighting candles every evening before bed.

## Example C

### Goal

Over the next: 6 months

My goal is to: Get my blood pressure to normal

So that I: Reduce my risk of a heart attack

### Action 1

Take a walk after work between 6pm and 7pm to help me de-stress while I get some daily steps.

### Action 2

Start the 5:2 diet, with 500 calorie days on Tuesday and Thursday. Use celery and cucumber as snacks.

## Example D

### Goal

Over the next: 4 weeks

My goal is to: Feel relaxed at the end of the day

So that I: Have more energy and get happier

### Action 1

Take 5 minutes every morning when I wake to practice mindfulness using a free app from the Google play store.

### Action 2

Walk in the park for 20 minutes after lunch to break up the day and clear my head.

**Try printing off this sheet, filling in your goals then pin it somewhere obvious**  
You can add as many actions as you wish!

## My Goal

Over the next \_\_\_\_\_ (time period)

My goal is to \_\_\_\_\_ (measurable target)

So that I \_\_\_\_\_ (motivation reason)

## My Action

What am I going to do?

When am I going to do it?

How often?

## My Action

What am I going to do?

When am I going to do it?

How often?