



# Personal Goal and Action Plan

**Personal Goal:** \_\_\_\_\_

For the personal goal, write in one or two sentences: What actions are you going to take? How often? When will you start? When will you review your progress to see if you need to change this goal?

## Action Plan:

- Write down all the things that you will need to do in order to achieve your personal goal.
- How will you remember to do these things?
- What might get in the way of achieving your personal goal? What can you do to avoid this?
- What is your back-up plan if some of your strategies do not work?
- How do you need to be thinking to maximize your chances of doing what you plan to do?
- What do you need to do to increase your confidence in achieving your personal goal to at least 7 out of 10?
- Who or what else can support your efforts?
- Fill in only as many lines as you need.

## Tick when achieved

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**How much do you want to achieve this personal goal?**

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

**How confident are you that you will achieve this personal goal?**

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