

# \_\_\_\_\_’s Goal and Action Plan Development

What is my goal?

What major objective will help me attain that goal?

Why is this an important/relevant/effective objective?

Why is this realistic?

What are the likely consequences of achieving the goal/objective?

What are the likely consequences of NOT achieving the goal/objective?

In what ways will this be a challenging goal/objective?

What three strategies/routine actions will I use to reach my objective?

- 1.
- 2.
- 3.

What evidence will enable me to monitor whether I’m achieving this?

What might make it difficult for me to follow through on these actions/strategies?

What habits will I need to form / alter / break that will help me to overcome these challenges to make sure that I follow through on each of these actions/strategies?

What resources might help me to achieve then?