‘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?