

**Complete and track your plan on your own, or with someone who supports you such as a health care provider, family, or friend.**

### 1 - Define a clear vision.

What is the **'big picture'** of what you want to feel like, be like, and be able to do?

- What do I want to be doing differently?
- What is my best self?

**Example:**  
*I want to be able to travel when I am older and be an active grandparent*

**My vision:** I want to \_\_\_\_\_  
\_\_\_\_\_

### 2 - Set goals.

What changes do you need to make in your life to reach your vision?

- What do I have to do to achieve my vision?

**Examples:**  
*Increase my fitness.*  
*Eat more healthy.*  
*Get more sleep.*

**My goal:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### ✓ What behaviours will help to achieve this goal?

- Observable?
- Measurable?
- Something I can do?

**Examples:**  
*Walk more.*  
*Eat more fruit.*  
*Create a sleep schedule.*

**My possible behaviours:** \_\_\_\_\_  
\_\_\_\_\_

If you have more than one behaviour, pick one to start with.  
**Choose what is most important to you.**



### ✓ Check your readiness.

Ask yourself the following questions about your chosen behaviour to see how ready you are for change.

*(Put your chosen behaviour here, you might need to modify the wording.)*

1. Do I consider _____ to be a problem?
2. Does _____ bother me?
3. Am I interested in changing _____ ?
4. Am I ready to change _____ now?

Yes	No
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

#### Example:

1. Do I consider *how much I walk* to be a problem?
2. Does *how much I walk* bother me?
3. Am I interested in changing *how much I walk*?
4. Am I ready to change *how much I walk* now?

#### Chosen behaviour example:

Walking more  
*Notice how it has to be worded to "how much I walk" in the questions.*

### ✓ Code your readiness.

Use the guide below to code how ready you are to make a change.

**Not ready**


*Not yes or no to any questions*



Yes	No
<input type="checkbox"/>	<input checked="" type="checkbox"/>
<input type="checkbox"/>	<input checked="" type="checkbox"/>
<input type="checkbox"/>	<input checked="" type="checkbox"/>
<input type="checkbox"/>	<input checked="" type="checkbox"/>

**Unsure**

*Yes ... but or any hesitation to questions*



Yes	No
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

**Ready**

*Convincing yes to questions*

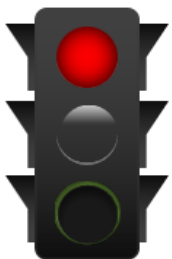


Yes	No
<input checked="" type="checkbox"/>	<input type="checkbox"/>
<input checked="" type="checkbox"/>	<input type="checkbox"/>
<input checked="" type="checkbox"/>	<input type="checkbox"/>
<input checked="" type="checkbox"/>	<input type="checkbox"/>

### Now what?

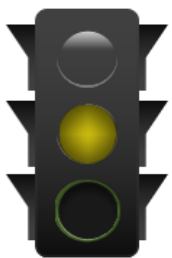
#### Stop:

Not ready



- This is likely not a good starting point for you.
- Explore your health beliefs:
  - Do you see this health problem as serious and something that needs to be addressed? (**seriousness**)
  - Is this behaviour something that you are responsible for? (**personal responsibility**)
  - Is this behaviour something that you believe you can influence or is it beyond your control? (**controllability**)
- **Go back to the start of step 2** and try to identify a different goal to help you reach your vision.

Unsure



#### Caution:

- You may not be ready to make this change or you may have barriers that may make it hard for you.
- Consider:
  - Why do you want to make this change?
  - What makes this change hard?
- Depending on your answers you may **go back to the start of step 2** or **move on to the next checkpoint**. Choose what feels right for you.

Ready



#### Go:

- This is likely a good starting point for you.
- The next step is to create a **SMART goal** and a **detailed action plan**.

### ✓ Create a SMART goal.

- S**pecific: Be clear, (when, where, how).
- M**easurable: How much and how often?
- A**ction-orientated: A behaviour that you can control.
- R**ealistic: Are you at least 70% confident you can do this?
- T**ime Framed: How long might it take to achieve your goal?

Examples:

- I will eat a piece of fruit at lunch.*
- I will walk to my mailbox each day.*
- I will go to bed at 10 pm.*

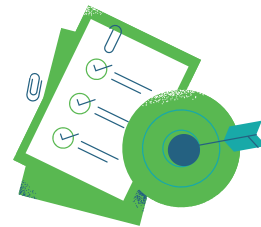


**My SMART goal:**

I will \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### 3 - Develop an action plan.

Once you have set a goal, it is important to develop a plan to reach your goal. It may be helpful to create an action plan each week as there are many things that can change that may impact your success.



#### My SMART goal:

I will \_\_\_\_\_  
\_\_\_\_\_

#### SMART goal example:

*I will walk to my mailbox each day.*

#### Some things to think about when making your plan:

- What am I going to do?
- When am I going to do it?
- Where am I going to do it?
- How often am I going to do it?
- What could get in my way?

#### My Action Plan

This week I will:

What: \_\_\_\_\_

When: \_\_\_\_\_

Where: \_\_\_\_\_

How much: \_\_\_\_\_

How often: \_\_\_\_\_

Who or what can support me: \_\_\_\_\_

#### Example:

**What:** I will walk briskly to my mailbox

**When:** Between noon and 5pm

**Where:** To mailbox and back home

**How much:** 10 mins

**How often:** Monday to Friday

**Support:** Record in my calendar when I complete my walk. Check the weather and have a raincoat.

#### How confident are you?

0 1 2 3 4 5 6 7 8 9 10

**Not at all**

**Very**

If you do not choose at least a 7, consider making your goal easier

#### Confidence Example:

8

**Following these steps can help you to turn your ideas into action!**