

The Wellness Compass Journey
Activity 21. Step 2.1: Initial Goal Planning

Use this activity to commence or refine goal planning before you commit to a final plan of action.

Part 1: Assessment

What specifically is the challenge or improvement you seek to work on?

Why is this a problem? e.g. *When I do/don't xxx happens and this causes yyy which then leads to zzz.*

Clarify the pros and cons over time including the best and worst case scenarios:

	Pros/Benefits of successful change	Consequences/Obstacles to change
1 year		
5 years		
10+ years		

What's the key obstacle(s) you have to overcome?

Part 2: Decision-Making: Do the Pros outweigh the Cons?

A. If yes, why is it so important to take action now?

Are you willing to spend five more minutes to consider possible strategies – even if you don't want to proceed in implementing any strategies right now? If so, turn the page over and keep going!

B. If not – Why not?

You are unlikely sufficiently motivated to successfully resolve this challenge at this time. Please move on to Part 5.

Part 3: Strategy Decision Making Matrix.

Suggestion. Complete the table below to consider at least three different strategies you could accomplish your goal. Outline the pros and cons of each action and then score.

Actions you could take to resolve or improve this issue	Resources Required	Pros of this strategy	Cons of this strategy	Reality check (0 to 10 score)
				Feasible /10 Effective /10 Want to /10
				Feasible /10 Effective /10 Want to /10
				Feasible /10 Effective /10 Want to /10
				Feasible /10 Effective /10 Want to /10

Part 4: Are you sufficiently confident that you will succeed?

Circle how confident are you that you will be successful if you implement this plan well?

Will Not Attempt Little Confidence Moderate Confidence High Confidence 100% Confident

Is there anything else you need to be more confident? If so, list all your ideas below and check off which ones that you will pursue.

Circle how important is it for you to implement this plan:

Not Important Low priority Important High Priority Must Do it now!

◇ By checking this diamond I verify that I am sufficiently 1) sure this goal is important enough to merit action, 2) motivated because the pros outweigh the cons, and 3) confident I have identified one or more strategies that will effectively accomplish my goal.

Is now the right time? Yes! (I will continue)

No, now is not the right time, I will be more effective if I wait until...

Part 5: Crossroads of Consideration

Use only when you are not sufficiently motivated or confident to move forward in goal planning.

At the end of this process, use the box below to write your final decision.

Congratulate yourself on being honest. Next ask yourself, “Is this issue important enough for me to continue?”

- √ If yes, or if you don’t know, here are two possible options:
 - It’s time for some research. You may want to research different options in this book or online, or you may want to talk to others with similar issues about how they resolved their issue.
 - Pray or meditate, asking for guidance and support, or get expert help.
- √ If no, reassess the consequences of inaction. Below list what will most likely occur if you don’t either resolve or commence progress on this issue at this time.

Can you live with this? Yes or no?

- √ If yes, then say out loud “I choose not to take action on [the issue], and I am aware of and responsible for the consequences.” Write this sentence down in the box below along with any other useful notes for future use.
- √ If no, then say out loud, “I’ve identified that [the issue] is something important for me to improve. I commit to at least five more minutes of time and answering the following questions.” Consider the following (you may have additional ideas):
 - Reconsider the two options under “if yes” at the top of this page, as if you had originally answered yes, and consider implementing one or more of these ideas to move forward.
 - If now is not the right time, would there be a better time to work on this? If yes, when? Can you commit to this? If so, write the date below and on your calendar.
 - Are there other issues to resolve first? If so, write them in the box below.

My decision on _____ issue as of ____/____/20____

Don’t stop! Remember there is a time for everything. This may not be the right time to be successful on this issue. Keep moving on in your journey; focus on being successful with what you can do right now.