

My personal action plan

What do I want to achieve or change?

Health and fitness	
Relationships and friendships	
Home and family	
Finances	
Work and career	
Community	
Spirituality	
Travel and recreation	
Hobbies and skills	

My SMART goals

SMART goals are: <ul style="list-style-type: none"> • Specific • Measurable • Achievable • Relevant • Time-framed 		Prioritise Which goals are most important to you? Write them in order from most important to least important.	
		Other details What will I need, who else is involved, and where will it take place?	
SMART goals	Steps to achieve my goals (actions)	Done ✓	Other details
Goal 1:	1.		
	2.		
	3.		
Goal 2:	1.		
	2.		
	3.		
Goal 3:	1.		
	2.		
	3.		
Goal 4:	1.		
	2.		
	3.		

Take action

Check my progress regularly	Accept challenges and stay positive	Find support	Celebrate success!
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