

Committing to Action

Identify a **SMART** goal

How will you feel when you have achieved it? Why?

On a scale of 1 - 10, how important is it to you?

On a scale of 1 - 10, how strong is your self-belief?

What are the key tasks, roles and necessary resources?

Who could you involve to help? How might they be useful?

How are you going to communicate your goal?

What are some of the possible obstacles or barriers?

What are the risks and how could you overcome them?

Write the main steps of your Action Plan.

How much time will you put aside for each?

What's your first step?

On a scale of 1 - 10, how strong is your self-belief?

How are you going to celebrate your success?