

Exercise

My activity plan

Overarching goals/sub-goals: Describe your ideal situation and be as specific, as ambitious and as realistic as you can. Use the SMARTA principle. See the check list below:

- S Specific (delineated, clear)
- M Measurable (what do I know about my goals?)
- A Ambitious (moderately challenging)
- R Realistic (achievable)
- T Timed (date for when they are to be achieved)
- A Accepted (they are my own)

To achieve my desired outcome, I am going to:

Sub-goal What am I going to do?	Activities How am I going to do it?	Done! When will it be completed by?

What do you need to have in place in order to be able to achieve your goal/sub-goals?