

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?	<input type="checkbox"/>	<input type="checkbox"/>
2. Does _____ bother me?	<input type="checkbox"/>	<input type="checkbox"/>
3. Am I interested in changing _____ ?	<input type="checkbox"/>	<input type="checkbox"/>
4. Am I ready to change _____ now?	<input type="checkbox"/>	<input type="checkbox"/>

Yes	No
<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

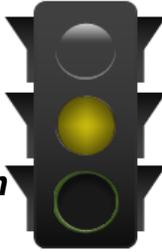
Not yes or no to any questions



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

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

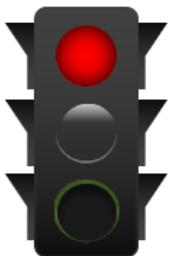


Yes	No
<input checked="" type="checkbox"/>	<input type="checkbox"/>

Now what?

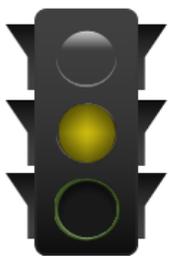
Stop:

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.*

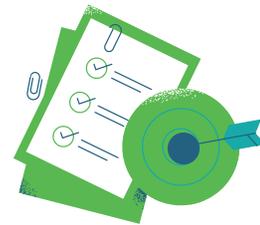


My SMART goal:

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!