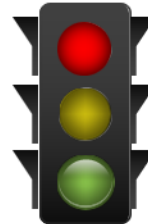


Staff Goal Setting Tool

Do you consider your skills of promoting behaviour change

1. *To be a problem?*
2. *Does it bother you?*
3. *Are you ready to change?*
4. *Are you ready to change now...?*



**Are you
Ready?**



After completing this module I have identified the following areas that I want to work on:

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Specific: Be clear, (when, where, how).

Measurable: How much and how often?

Action-orientated: A behaviour that you can control, (not a feeling or thought).

Realistic: Are you 70% confident you can do this?

Time Framed: How long might it take to have success?



My Goal and Action Plan:
