

Living Fully Action Steps

Goal: _____

Why it matters: _____

Creating Action Steps:

What: Be concrete and specific about what you are hoping to achieve. It needs to be measurable and doable.

When: What time of day/length of time will be best for you? Does it help you to identify the actual days of the weekdays that you will do it?

Frequency: In the coming week how many times will you do this?

Example:

Goal: To become more fit

Why it matters: To feel more confident

Action Step: I will start by walking 15 minutes around my neighborhood, 3 times this coming week. The best time for me to do this is in the early evening before eating dinner.

My Action Step is:

What is your confidence level that you will be able to achieve this?

