

## MODULE 3

# TAKE ACTION PLAN



It has been said that a dream without a plan is just a wish. That is why we set goals!

People who set goals are much more likely to be successful than those who do not.

Think back to what you planned as your ideal life, 5 years from now (Module 1). Now consider the areas you have identified as weaknesses in your present life (Module 2). Setting goals will help bridge the gap between where you are and where you want to be! They will help you to stay focused on what is important and help keep you from getting lost in what is not.

Take time to set some **SMART** goals. **SMART** goals are:

**S**pecific | **M**easurable | **A**ttainable | **R**elevant | **T**ime-Bound

Bottom Line – In order to achieve all we want with our precious lives, we must be intentional. Setting goals and working toward achieving them will help keep you on track!

**Take Action Plan** Review your scores from your wellness assessment - both overall for each dimension of wellness and for individual statements. For those areas where you scored lower, consider what might have a significant impact on your daily life and focus on those behaviors.

1. Which areas are you ready and willing to work on?

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Select one of the behaviors you listed above and take action by setting a **SMART** goal:

**S**pecific – develop the details of your goal (what, where, when, why).

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**M**easurable – define a quantity (frequency, amount, etc.) that you can measure.

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**A**ttainable – do you have the means and attitude to accomplish this goal?

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**R**ealistic – consider the goal and your time-frame. Is this doable?

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**T**ime-bounded – by what deadline or time-frame do you wish to accomplish this goal?

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2. What are/would be the benefits of working on this behavior?

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3. What could get in the way of achieving your goal? How will you plan for this?

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4. What can help you achieve your goal?

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5. On what date will you start?

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6. How can you reward yourself for achieving your desired goal?

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