

# PERSONAL ACTION PLAN

## Tuning into your Body



A **goal** is something you want to accomplish but may take a while to achieve, such as decreasing your blood pressure or managing chronic stress.

**Action plans** are short-term plans that help you reach your goal. They must include a specific action or behavior that you want to do and know that you will be able to accomplish. Your plan must answer the questions:

- **What** are you going to do?      → **How many times** or **how much** are you going to do it?
- **When** are you going to do it?      → **How often** are you going to do it?

**Action plan example:**

- I will do progressive muscle relaxation (*what*) for 20 minutes (*how much*) after lunch (*when*) three days (*how often*) this week.

## my action plan

This week I will:

\_\_\_\_\_

(*what*)

\_\_\_\_\_

(*how much / many times*)

\_\_\_\_\_

(*when*)

\_\_\_\_\_

(*how often*)

(*over*)

Your **confidence level** is an indicator of how certain you are that you will succeed with your action plan. You must attach a confidence level of 0 to 10 to your plan. A confidence level of 7 or more will help you to succeed. If your confidence level is lower than 7, think about changing your action plan.

How **confident** are you that you will succeed with your plan?

0            1            2            3            4            5            6            7            8            9            10

(0 = not at all confident

10 = totally confident)

Your confidence level should be a 7 or higher.

Things that could make it difficult to fulfill my action plan:

---

---

My plan for overcoming these challenges:

---

---

Support and resources I will need to fulfill my action plan:

---

---

My reward: \_\_\_\_\_

Review date: \_\_\_\_\_ With: \_\_\_\_\_

My signature: \_\_\_\_\_



Discuss your health goals and next steps with a health coach. Call **1-866-251-4514** (toll free) to begin health coaching today!

