



## Action Plan

<b>My Goals are:</b>	
<b>What do I need to <b>Stop</b> to achieve my goal?</b>	
<b>What do I need to <b>Start</b> doing to achieve my goal?</b>	
<b>What do I need to <b>Continue</b> doing to achieve my goal?</b>	
<b>By 6 months the following must happen to enable a successful outcome:</b>	

<b>By 3 months the following must happen to enable a successful outcome:</b>	
<b>In 1 month the following must happen to enable a successful outcome:</b>	
<b>In 2 weeks the following must happen to enable a successful outcome:</b>	
<b>This week I must do the following to enable my goal to be achieved:</b>	