

# Goal Planning Sheet

My name: \_\_\_\_\_

Final Target date: \_\_\_\_\_

My goal (Specific, Measurable, Attainable, Realistic, Time-based):

Benefits to me of achieving this goal:

Inhibitors	Enablers

Affirmation (Present tense, First Pronoun, Positive)	Visualisation - Item to use

# Activity Plan

**Specific steps I plan to take towards achieving my goal:**

**By  
when**

**Matrix**

1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		