

Taking Action to Get Your Life Back

My Short-term Goals and Actions Plan

1 _____	2 _____	3 _____
_____	_____	_____
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We are guessing that you have been experiencing some pretty loud barking from your own personal thought puppies by now. Perhaps you have some thoughts and feelings of reluctance or hopelessness, or maybe you are just totally optimistic and fired up. Decide on a time of day when you are going to take a look at your My Short-term Goals and Actions Plan. Tick off your achievements each day and remind yourself of actions planned for the next day. If you have not managed to do one of your actions, think about what got in the way and how you will get over this next time. Make a picture in your mind of your perfect nurturer, who will help you stay kind to yourself whilst doing this.