

Appendix 2. My Plan



[Photocopy or print this worksheet. Using the information you wrote on the 'My Goal Setting Worksheet', transfer your goal, the steps you will take to achieve your goal and the resource/people who can help you, on to this 'My Plan' worksheet. You can set a goal in one dimension, or set a goal for every dimension of the Model for Healthy Living – the choice is yours.]

Colour in the thermometer to indicate your progress toward your goals at regular intervals of your choice. You may choose to keep this sheet on your fridge to keep your goals and the progress you are making in front of you. This may help keep you motivated as you see yourself moving forward with your healthy life.]

MY HEALTHY LIVING DIMENSION	MY GOAL	STEPS TO REACH MY GOAL	WHO & WHAT CAN HELP ME	REVIEW MY PROGRESS	MY PROGRESS [Fill in date]

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