SMARTER ME – A plan for change

What is your motivation to make a change?

What specifically do you want to change or do differently?

How and when will you reflect on your progress? Who could support you with this?

What actions/preparations are needed to make this change happen?

How will you keep track of your progress?

What will support you to get started and stick with this change?

How much of this will you do, or how often will you do it? How will you feel?

What will you do, or how often will you do it? How will you feel?

What might stop you from making this change? How will you overcome that?

How confident are you that you can do this?

How confident are you that you can do this?

How important is the change for you?

How important is the change for you?

What outcome do you want?

What outcome do you want?

How will you start?

How will you start?

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