

# My Plan

Name: \_\_\_\_\_

## Making your plan SMART

**S**pecific : What am I going to do?

**M**easurable: Describe in detail, including quantity, frequency, duration, ...etc.

**A**chievable: Is my plan realistic? Am I likely to succeed?

**R**elevant: How is my plan going to move me closer to my goals?

**T**ime-based: When will I complete this plan?

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## To progress towards my vision of wellness, I will:

1 2 3 \_\_ Month(s) Plan

Start Date: \_\_\_\_\_ End Date: \_\_\_\_\_

1 2 3 \_\_ Month(s) Plan

Start Date: \_\_\_\_\_ End Date: \_\_\_\_\_



1 2 3 \_\_ Month(s) Plan

Start Date: \_\_\_\_\_ End Date: \_\_\_\_\_

1 2 3 \_\_ Month(s) Plan

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