

# Make an action plan to help you succeed

## Make an action plan that works for you!

- Make your plan something YOU want to do. Not something you think you should do because someone else wants you to do it.
- Pick something you can do pretty easily. Ask yourself, “how likely am I to succeed at this?” If your answer is “not very...” make another plan.
- Make your plan specific. That way you can measure your success. Use these questions as your guide:
  - What am I going to do?
  - How much am I going to do?
  - When am I going to do it (what time and which days)?

Below are two examples of action plans for losing weight. One plan is too general and the other is action-specific. The action-specific plan outlines steps the person will take to meet the goal.

<b>Too general</b>	<b>Action-specific</b>
<b>What</b> am I going to do? I’m going to try to lose weight.	<b>What</b> am I going to do? I’m going to cut 500 calories out of my diet.
<b>How much</b> am I going to do? My doctor says I need to lose 40 pounds.	<b>How much</b> am I going to do? I will cut 100 calories a day for 5 days by not eating bread at dinner.
<b>When</b> am I going to do it? I’m going to try to lose a few pounds a week, starting Monday.	<b>When</b> am I going to do it? Monday through Friday, every week for the month of October.

Which plan do you think is more likely to help this person succeed?

Use the form on the back to help you make an action plan or design your own. When you meet your first goal, you can make a new plan.

**Continued on next page**

**My action plan for (start date): \_\_\_\_\_ to (end date): \_\_\_\_\_**

What am I going to do?	
How much am I going to do?	
When am I going to do it?	

<b>My plan</b>	<b>I did it!</b>	<b>What worked, what didn't</b>
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Many people find it useful to plan for what can help them or what might get in their way. Planning can help you decide how to handle things, or where to go for help, before a problem comes up.

**What might make it hard for me:**

**What can help me reach my goal:**

<b>Example:</b> It's hard to stay away from my favorite food during the holidays.	<b>Example:</b> When I'm invited to a holiday party, I'll bring healthy food that I enjoy.

**Ask yourself what worked and what didn't**

It helps to step back from your goals from time to time and look at how it's been going. Don't judge things as good or bad. Consider what's working well and what isn't. Congratulate yourself on what you've achieved. If things have gone well, you might want to stretch your goals by doing more of the things that work. If things have gotten in your way, ask yourself what might work better to help you achieve your goals.