



My action plans for the week: Moving towards my goals

Write your week's action plans that will help you move toward your goals.

In the last column, write how it went and any changes you would make for next week.

Action plans this week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	How did it go? Add or change anything?
1.								
2.								
3.								
4.								

Self-care menu:

- Movement
- Sleep wellness
- Healthy eating
- Energy conservation (pacing, planning, prioritizing)
- Resilience (self-compassion, joyful activities, habit tracking, positive self-talk)
- Stress Management

- Mindfulness
- Managing moods and thoughts Healthy supports and communication
- Connection
- Values or meaning
- Self-compassion or gratitude

S.M.A.R.T. Goals

Specific
Measurable
Achievable
Relevant
Timely

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www.fraserhealth.ca

This information does not replace the advice given to you by your healthcare provider.