



SETTING A PERSONAL GOAL

My Goal or Pledge	My Barriers	My Action Plan to Make it Happen	How Will the Changes Benefit My Life?

What would you like to achieve during March?

Use this template to set small targets to benefit you and to help achieve your team goal. You can then share your achievements with your team!

How to Complete the Template		Tips / Suggestions to Get Moving More	
<p>Barriers</p> <p>What is stopping you from reaching your goal? Be honest, this will help you work out why and how to remove them.</p>		<p>Take a Break:</p> <ul style="list-style-type: none"> • Don't just stand there as the kettle boils – walk around or march on the spot • Instead of sitting down whilst on the phone, try a walk and talk in, around or outside your house or workplace 	
<p>My Action Plan</p> <p>These are the little steps you can take to help you overcome your barriers. Some may be quicker and easier to achieve than others but just being aware of them is a step in the right direction.</p>		<p>During the Working Day:</p> <ul style="list-style-type: none"> • Stand more during the day rather than sitting in front of a screen • Drink more water and from a smaller bottle • Use the stairs more or come up with a plan to climb them a number of times a day 	
<p>What Are the Benefits?</p> <p>These are the positive benefits that achieving your goals will bring to your life. These can be short, medium, and long term benefits to you and the people around you.</p>		<p>Connecting with Your Team:</p> <ul style="list-style-type: none"> • Share your goals – they can motivate you to keep going • Plan activity together – maybe you can you all take a break at the same time – even if you are in different places 	
<p>My Goal</p> <p>For example - To achieve 10,000 steps per day</p>	<p>Barriers</p> <p>Lack of time Uncomfortable trainers No reason to move</p>	<p>Action Plan</p> <p>Plan walking time into my day (10 mins blocks, inside and outside) Get some comfortable trainers</p>	<p>How the Changes Will Benefit My Life</p> <p>Feel fitter Better concentration Improved sleep</p>

A LITTLE CHANGE MAKES A BIG DIFFERENCE