

Make a goal feel possible

A goal does not need to be perfect, ambitious or completed all at once. This plan helps you decide what matters, choose a first step and adjust the approach as you learn.

1 Start with what matters

Choose something that would make everyday life a little easier, more meaningful or more manageable. It can be a personal, work, study, health or home goal. Keep the focus on what is within your influence.

What would I like to work towards?

Why does this matter to me (in my own words)?

2 Make the goal workable

A useful goal is clear enough to guide you and flexible enough to fit real life. Try naming the action, the amount or frequency, and a time to review it. "I will practise for ten minutes twice this week" is often easier to start than "I will get better."

What would "a small success" look like?

How will I know I have made progress?

When will I review or celebrate my effort?

3 Notice what could help

☐ A reminder or visual cue

☐ A smaller first step

☐ Someone to check in with

☐ More time, rest or flexibility

Progress can be uneven. Pausing, changing the plan or asking for support are all valid parts of working towards a goal.

4 Choose one small first step

The smallest first step I could try is...

I can make it easier by...

Break it into small steps

If a goal feels too big, make the next action smaller. A step should be clear enough that you can picture doing it. You can use words, sketches, voice notes, a calendar or support from another person.

My goal in one sentence

I am working towards...

The next steps

STEP 1 What will I do?

When / where?

How long / how often?

What would make this step easier?

STEP 2 What will I do?

When / where?

How long / how often?

What would make this step easier?

STEP 3 What will I do?

When / where?

How long / how often?

What would make this step easier?

Choose a starting point

☐ I can do this today

☐ I need to prepare first

☐ I would like someone alongside me

☐ I want to make the step smaller

If writing is difficult, speak your answers into a phone, point to choices, draw the steps or ask someone you trust to write while you decide.

Plan for real life

Plans work better when they allow for ordinary interruptions, changing energy and unexpected barriers. Use this page to make the route more supportive, not to judge yourself.

My first action

The first small action I will try is...

I plan to try it on / around...

If something gets in the way

A difficulty I might meet is...

One adjustment or backup plan could be...

The person, service or resource that could help is...

Keep track in a way that suits me

☐ Tick a step

☐ Use a calendar or reminder

☐ Take a photo or voice note

☐ Ask someone to notice progress

Review without blame

When you review, look for information: What helped? What got in the way? Does the goal still matter? Is the next step the right size? You can continue, pause, change direction or ask for more support.

Something I learned about what works for me:

My next step (or the change I want to make):

Effort counts, including the effort of restarting. A changed plan is still your plan.