SPACE TO BREATHE THERAPY

Goal Action Plan

01 Define what matters

Choose a goal that feels meaningful to you.

MY GOAL COMPASS

A meaningful goal starts with what matters to you.

It can be small, flexible and entirely your own.

The goal I want to work towards

Write it in your own words, without pressure to be perfect.

Why this matters to me

What difference might this make in my life?

What success could look or feel like

Describe a realistic sign of progress.

Goal Action Plan

02 Break it into steps

Turn a big idea into achievable actions.

SMALL STEPS COUNT

You can adjust the size of a step to fit your energy.

STEP ONE

My easiest starting point

STEP TWO

What I can try after that

STEP THREE

A next step when I am ready

Goal Action Plan

03 Barriers and support

Plan for obstacles without blaming yourself.

MAKE THE PLAN WORK FOR YOU

Barriers are information, not evidence of failure.

What could get in the way?

Consider time, energy, access, emotions or uncertainty.

What could make it easier?

Tools, adjustments, reminders, rest or practical help.

Who or what could support me?

You can ask for help or change the plan.

Goal Action Plan

04 My action map

Give your next step a time, place and support plan.

FROM INTENTION TO ACTION

Choose one next action, not everything at once.

My next manageable action

What exactly will I do?

When and where might I do it?

Choose a realistic window rather than a rigid deadline.

How I will make it easier to start

What reminder, preparation or support would help?

My plan can change if my circumstances change.

Goal Action Plan

05 Review, celebrate and adapt

Notice progress and decide what comes next.

PROGRESS IS NOT ALWAYS LINEAR

A pause, revision or smaller step can still be progress.

What have I tried or achieved?

Include small wins, effort and what you learned.

What worked, and what needs changing?

Be curious about what helped or got in the way.

My next kind, realistic step

Choose to continue, adjust, rest or ask for support.