A goal is something you want to accomplish but may take a while to achieve, such as decreasing your blood pressure or managing chronic stress.

Action plans are short-term plans that help you reach your goal. They must include a specific action or behavior that you want to do and know that you will be able to accomplish. Your plan must answer the questions:

- **What** are you going to do?
- **How many times** or **how much** are you going to do it?
- **When** are you going to do it?
- **How often** are you going to do it?

**Action plan example:**
- I will do progressive muscle relaxation (*what*) for 20 minutes (*how much*) after lunch (*when*) three days (*how often*) this week.

**my action plan**

This week I will:

*(what)*

*(how much / many times)*

*(when)*

*(how often)*
Your confidence level is an indicator of how certain you are that you will succeed with your action plan. You must attach a confidence level of 0 to 10 to your plan. A confidence level of 7 or more will help you to succeed. If your confidence level is lower than 7, think about changing your action plan.

How confident are you that you will succeed with your plan?

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<thead>
<tr>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
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<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
</tr>
</thead>
<tbody>
<tr>
<td>(0 = not at all confident</td>
<td>10 = totally confident)</td>
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Your confidence level should be a 7 or higher.

Things that could make it difficult to fulfill my action plan:
__________________________________________________________________________________
__________________________________________________________________________________

My plan for overcoming these challenges:
__________________________________________________________________________________
__________________________________________________________________________________

Support and resources I will need to fulfill my action plan:
__________________________________________________________________________________
__________________________________________________________________________________

My reward: _____________________________________________________________________

Review date: ______________________ With: _________________________________

My signature: _________________________________________________________________

Discuss your health goals and next steps with a health coach. Call 1-866-251-4514 (toll free) to begin health coaching today!