

My Short-term Goals and Actions Plan

1 _____	2 _____	3 _____
_____	_____	_____
_____	_____	_____

We are guessing that you have been experiencing some pretty loud barking from your own personal thought puppies by now. Perhaps you have some thoughts and feelings of reluctance or hopelessness, or maybe you are just totally optimistic and fired up. Decide on a time of day when you are going to take a look at your My Short-term Goals and Actions Plan. Tick off your achievements each day and remind yourself of actions planned for the next day. If you have not managed to do one of your actions, think about what got in the way and how you will get over this next time. Make a picture in your mind of your perfect nurturer, who will help you stay kind to yourself whilst doing this.

Using short-term goals to get your life back

Short-term goals are the stepping stones towards your values and getting your life back. George's values were to be a loving and supportive father and husband. His short-term goals and actions were moving him quickly towards these. When George had reached his short-term goals, he was able to set some more. Each of George's short-term goals moved him nearer to getting his life back. When George reached his short-term goals, he was ready to make some new ones.

As George continued to set goals and take action, he noticed that his place in the family was changing. His actions had changed the way in which the