

Now it is time to decide on your own short-term goals and actions. First, write your goals and values keywords here:



Next, write a baby step that you have already taken towards your goals or values. You can find this in your My Baby Steps Diary, in column two (page 257). If you have not managed this yet, imagine your baby step and write it down:



Next, write down the things that get in the way of making your baby step, from column four:



Now write your most useful idea to deal with the things that got in the way:



Decide on three short-term goals you would like to achieve to move towards your values:

Short-term goal 1



Short-term goal 2



Short-term goal 3



And some SMART (Specific, Measurable, Achievable, Realistic and Time-limited) actions you can take to get to step towards each goal:

Short-term goal 1

Action



Action



Short-term goal 2

Action



Action



Short-term goal 3

Action



Action



Before continuing, check that all of your actions are in fact SMART. If they are not, go back and change any that you need to. You may want to make a chart like George's and hang it somewhere like on the kitchen door. Here is a chart that you can fill in. Blank charts can also be downloaded from www.getyourlifeback.global. Just copy your work above into the spaces in the chart.