

Action Plan

Once you've decided on your goal, think about all the things you need to do to achieve it.

Use the boxes below to write out your action plan step by step. If you'd like to review your answers with anyone or share the guide once you've completed it you should save this file after completing the list.

For example, Emma wanted to have a 30-minute walk around the park near her house 3 times a week. She decided to use pacing techniques to make sure her pain didn't flare up.

Step 1

For example - First, Emma thought about her pacing. She worked out that 10 minutes was the longest she could walk around the park for before she started to have pain.

Step 2

For example - Emma walked for 10 minutes around the park then went home.

Step 3

For example - Emma spent 10 minutes walking around the park 3 times in 1 week, leaving at least a day in between walks.

Step 4

For example - The following week, Emma increased the length of her walks to 15 minutes.

Step 5

For example - Emma repeated these steps, increasing the length of her walks by 5 minutes each week.

Step 6

For example - Once she achieved her goal of 3 walks of 30 minutes each per week, Emma invited a friend to join her once a week to help keep her motivated.

