



Tribute Statements

What would you like each of these speakers to say about you and your life?

What kind of husband or father would you like their words to describe?

What kind of son or brother?

What kind of friend?

What kind of work colleague?

What character would you like them to have seen in you? What contributions, achievements would you like them to remember? Look carefully at the people around you. What difference would you like to have made in their lives?

Name of Person	Tribute Statement
From my personal life	
From my personal life	
From my professional life	
From my professional life	
From my community life	
From my community life	



Goal Setting

Make a very specific goal

On (set specific time/days) I will do X (note the frequency and length of time, or number of steps as relevant)

Some examples

- On Tuesdays, Wednesdays and Thursdays at 5:00pm I will go swimming and do 30 lengths of the pool.
- On Sunday, Monday, Tuesday, Wednesday and Thursday I will eat no snacks after I have finished my meal in the evening.
- When I go up the stairs at work, I will use the stairs rather than the escalator.



Action Plan

Action Plan	
What is the goal (focus on behaviour not results)?	
On a scale of 1 to 10 how important to me is this goal?	
When will I do it?	
When will I start?	
How often?	
For how long?	
How far?	
Who will support me?	
How will I measure this?	
How will I know when I have achieved it?	
When will I review this?	
How will I reward myself?	
What problems may I face?	
What are possible solutions?	
What prompts will help me do my new behaviour?	

“Small steps, taken slowly, Build stairs to success...”



Example

Action Plan	
What is the goal (focus on behaviour not results)?	Go swimming
On a scale of 1 to 10 how important to me is this goal?	
When will I do it?	7:00am before work
When will I start?	On Monday 22 nd October
How often?	Monday, Wednesday and Friday's
For how long?	30 minutes
How far?	Start with 10 lengths and increase by 2 lengths per week
Who will support me?	My friend Derek. I'll ask him to come also and keep me motivated by texting to remind me.
How will I measure this?	I will buy a notebook and record dates and distance and I will also search for an app to keep track of my progress.
How will I know when I have achieved it?	When I can swim 20 lengths without a break.
When will I review this?	In one month and I'll ask Derek to review it with me.
How will I reward myself?	For every day that I go swimming I will put an extra £1 in a piggy bank and when I have reached my target I will go clothes shopping with the money.
What problems may I face?	I may have late nights and struggle to get up early
What are possible solutions?	I will aim to be in bed 10pm on nights before. I will try to discipline myself to get up no matter how tired I feel and get to bed earlier that evening.
What prompts will help me do my new behaviour?	I will pack my gym bag the night before and leave it at front door. I will set alarms on my phone the nights before to remind me to pack my gym bag. I will post a few motivational quotes on my mirror to remind me why I am doing this.