

Change creator

How you set goals makes all the difference!
Work through the two must-have components to successfully set goals and create behaviour change.

My goal is:

Creating the will (the WHY)

This goal or behaviour change is important to me because

I want to change because

NOW is the right time to do this because

Creating the way (the HOW)

My plan for achieving this goal or behaviour change is

The skills or traits I will need to make this happen are

The first step to make this happen is

The **will** gets you going,
the **way** is the path to take