

## Action Plan

**SMART Goal:**

What positive changes will achieving the goal make in my life?

Steps / mini goals that will contribute towards the achievement of the goal	How will these steps contribute towards the achievement of my goal?	How will achievement of this step be measured?

## Barriers and enablers

<b>Step / mini goal:</b>	
<b>Barrier:</b>	<b>How the barrier will be overcome?</b>
<b>Enabler: people and resources which will help goal achievement.</b>	<b>How will these people and resources help?</b>

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