

## Stella's Action Plan

SMART Goal: To join a basketball team by the end of the next month.		
<b>What positive changes will achieving the goal make in my life?</b> I will become physically fit again. I will meet some new people and develop some social contacts. My family enjoy coming to watch my games. Attending two practices a week and one game will get me out of the house and involved with people. I will have basketball to talk to other people about. The physical activity will help me to sleep better and to reduce stress		
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?
Ask coach from the old school team to write an introduction / reference.	I can show the coach of the new team the reference so he will have an idea of my ability and the positions I can play. I will be put in a team at the correct level.	When I have given the reference to the coach of the new team.
Attend a school basketball team practice.	I will be able to plan time to attend trainings and I will make myself known to the players and coach.	After attendance at two practice sessions.
Talk to friends in the old town about how I feel and my plan to join the basketball team.	They will be able to give me support and encouragement.	After I have phoned, emailed or texted at least three friend.
Get fit, go for a 30 minute run 4 days a weeks to build fitness	I will become fitter for basketball.	After four weeks of running at least 4 times a week for 30 minutes.

## Barriers and enablers

Step / mini goal: Ask coach from the old school team to write an introduction / reference.	
<b>Barrier:</b> Feels shy about doing this	<b>How the barrier will be overcome?</b> Stella's dad played golf with the old coach and may ask him for Stella
<b>Enabler: people and resources which will help.</b> Has good history with the old team, always attended practice and is a good player. The coach has always supported and encouraged Stella in the past.	<b>How will these people and resources help?</b> The old coach will be able to smooth the way for Stella with the new coach. He will provide information about practice and playing history.

<b>Step / mini goal:</b> Attend a school basketball team practice.	
<b>Barrier:</b> Feels shy about doing this	<b>How the barrier will be overcome?</b> Form teacher may be able to ask one of the basketball players in the form class to take Stella to the practice.
<b>Enabler: people and resources which will help.</b> Has basketball shoes and practice gear. There are people in the form class who play basketball.	<b>How will these people and resources help?</b> No cost involved in buying gear. They will be able to take Stella to practice.

<b>Step / mini goal:</b> Talk to friends in the old town about how I feel and my plan to join the basketball team.	
<b>Barrier:</b> Stella feels embarrassed about asking for help.	<b>How the barrier will be overcome?</b> Start with the friend who is the easiest to talk to. Work out what to say beforehand. Ask this friend to talk to the others about your situation and your request for help.
<b>Enabler: people and resources which will help.</b> Sharing the problem with friend will enable them to provide help and support.	<b>How will these people and resources help?</b> They will be able to text, email and phone her with encouragement.

<b>Step / mini goal:</b> Get fit; go for a 30 minute run 4 days a week to build fitness.	
<b>Barrier:</b> Stella is unfit and it will be hard to start to build up fitness again.	<b>How the barrier will be overcome?</b> Dad will join her. Start by walking and gradually move to running.
<b>Enabler: people and resources which will help.</b> Have running shoes and running clothes. Dad also wants to get fit and will join the running.	<b>How will these people and resources help?</b> No cost involved. It will help having dad to share the experience of starting to get fit again.