



## Action Towards Goals

To reach your goals, a plan of action is needed. This often means setting yourself several smaller goals to work towards the overall goal. This activity will help you to break down your goals into mini goals, to support you with this.

Example:

To get 9 hours sleep each night.

Main goal

Put my phone away 1 hour before bed.

Go to sleep/ wake up at a similar time each night.

Keep a sleep diary.

Mini goals