

UNIT 6

Build Your Action Plan

1. Write down your goal. What do you want to achieve? (A goal is something you want to do or achieve.)

2. Write down your strategy. How do you plan to achieve your goal? (A strategy is a plan or method for achieving something.)

3. Write down your action steps. What are the specific steps you will take to achieve your goal? (Action steps are the specific tasks you will do to reach your goal.)



TOOL 1

Goal: I want to be a better student (Achievement)

Strategy: I will study hard (Action Plan)

Action Steps: I will study for 1 hour every day.

Success: I will get a better grade in my class.



TOOL 2

Exercise: I will go for a walk every day.

Sleep: I will go to bed at 10:00 PM every night.

Meditation: I will meditate for 10 minutes every day.



During these times, it can be helpful to take a step back to let your body and mind “reboot.”



It is important to take a step back and let your body and mind “reboot.” This means taking a break from your daily routine and focusing on your physical and mental health.

Physical health is important because it affects your mental health. When you are physically fit, you are more likely to feel good and have a positive attitude. (Physical health is the state of your body.)

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