Personal goal setting

Date :

What is your short-term goal in your own words?

For example: 'To walk to the corner shop and back (1/2 mile) by myself every day to buy a paper' **OR** to do 5 x 30 minute sessions of moderate activity per week at my local leisure centre or at home

Why is this goal important?

For example: 'I used to walk to the shops daily. This would allow me to do something I used to do and get me out of the house.' **OR** 'I would like to reduce my chances of having another stroke by improving my fitness.'

When are you going to achieve this by?

For example: 'Three weeks'

What steps will you take to achieve this goal?

For example: 'I will start to increase the speed I walk to the local shops.' OR 'I will get my friend to accompany me to our local leisure centre and organise an induction.'