

UNIT 6

# Build Your Action Plan

1. Write down your goal. Be specific. (A goal is something you want to achieve.)

2. Write down your action steps. (An action step is something you can do to reach your goal.)

3. Write down your support system. (Who can help you reach your goal?)

4. Write down your timeline. (When will you reach your goal?)



TOOL 1

**G**oal: I want to be a better student (A goal is something you want to achieve.)

**A**ction Steps: I will study every day (An action step is something you can do to reach your goal.)

**S**upport System: My friends and family (Who can help you reach your goal?)

**S**chedule: I will study every day (When will you reach your goal?)



TOOL 2

**E**xercise: I will walk every day (An action step is something you can do to reach your goal.)

**S**leep: I will go to bed every night (An action step is something you can do to reach your goal.)

**M**editation: I will meditate every day (An action step is something you can do to reach your goal.)



**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. This means taking care of your body by exercising and eating healthy food.

SIGHT





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