

# Am I ready to change? | My Daily Goals

When you feel ready to make a change, take the following steps:

- Set yourself a goal each morning.
- Make sure it is something you feel is achievable, and something that is important to you.
- Try and be specific about exactly what you are going to do and when.
- Make sure you reflect on how you did each day, and amend the next day's goal accordingly.

So let's start with one thing YOU said you needed to improve...

| Date | My goal for today   | How did I do?   |
|------|---|---|
|      | e.g. drink 1 glass of water before lunch time and another glass before tea time.<br>e.g. eat 1 portion of fruit in place of one of my usual morning snacks. | e.g. I did it! I will keep this up tomorrow.<br>e.g. I ate my fruit, but I also ate my usual snack. Will try tomorrow to just have the fruit. |
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