



# HEALTH & HEARTH

*An Herbal & Wellness Practice*

## Making a Plan

**Name**

**Date:**

**Goal:**

Specific

Measurable

Action oriented

Realistic

Time frame

**Tiny Habits**

Don't design for outcome, e.g. weight loss. Design for behaviors that lead to outcome. Think of this as an experiment where you're gathering information. If you're able to incorporate the behavior most of the time- great!. If not, what's not working and how can it be adjusted.

Decide on a tiny behavior:

After I \_\_\_\_\_ I will \_\_\_\_\_. Link to current behavior \_\_\_\_\_.

Behavior (tiny) celebrate

E.G. After I floss 1 tooth I will do a happy dance. I will floss immediately after brushing my teeth.

# What are my options?

Action	Steps	Timetable	How measure it's working?	How's it going? Working? Adjustments? New plan?
e.g. Silly walking	Watch video 2x over breakfast		If I watched	watched
	Silly walk in hall before 5:00	Until Sunday	I did silly walking	<b>Works.</b> <b>Feel more limber.</b> <b>Amuses me.</b>

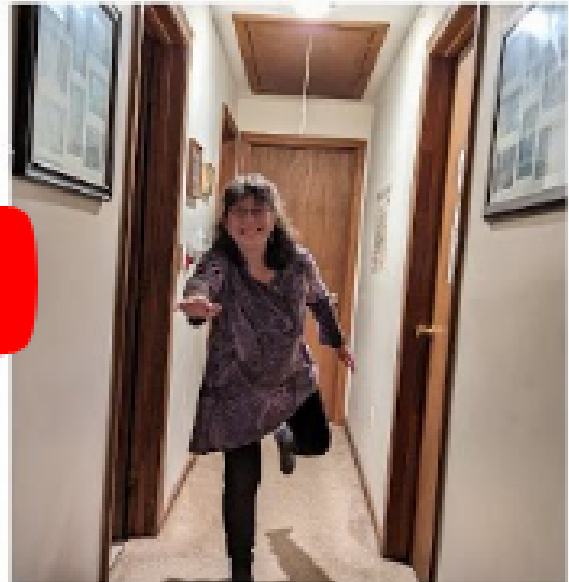


# S M A R T Goals and Silly Walking



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## S.M.A.R.T GOALS AND VERY SILLY WALKING



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