



University of the
Highlands and Islands
Oilthigh na Gàidhealtachd
agus nan Eilean

Achieving your aspirations: practicing the process of action planning

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Aspirations

I want to
publish
more

I want to be
successful
in my job

I want to
have a good
work-life
balance

I want to be
physically
fit

I want to
have a
more
senior post

I want to fit
into that
dress/trousers

I want to be
valued at
work

I want to
be happy



To change behaviour you need a map!

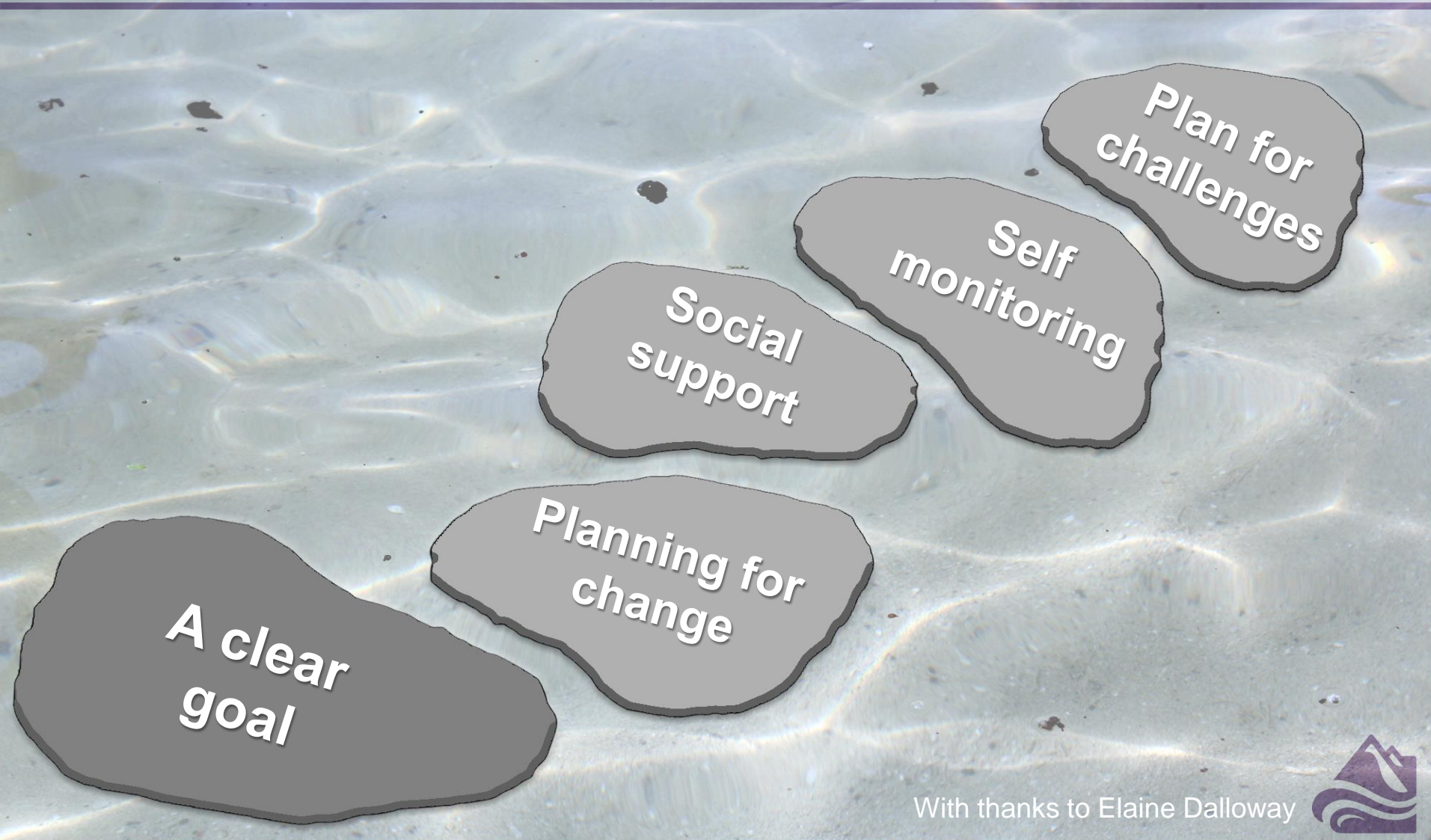
- Think about a time when you have achieved a goal. What was it that helped you achieve your goal?



[World, map, hand, travel: CC0 Creative Commons](#)



Stepping stones to the goal: A clear target



With thanks to Elaine Dalloway



Planning for change

A clear goal

Planning for change

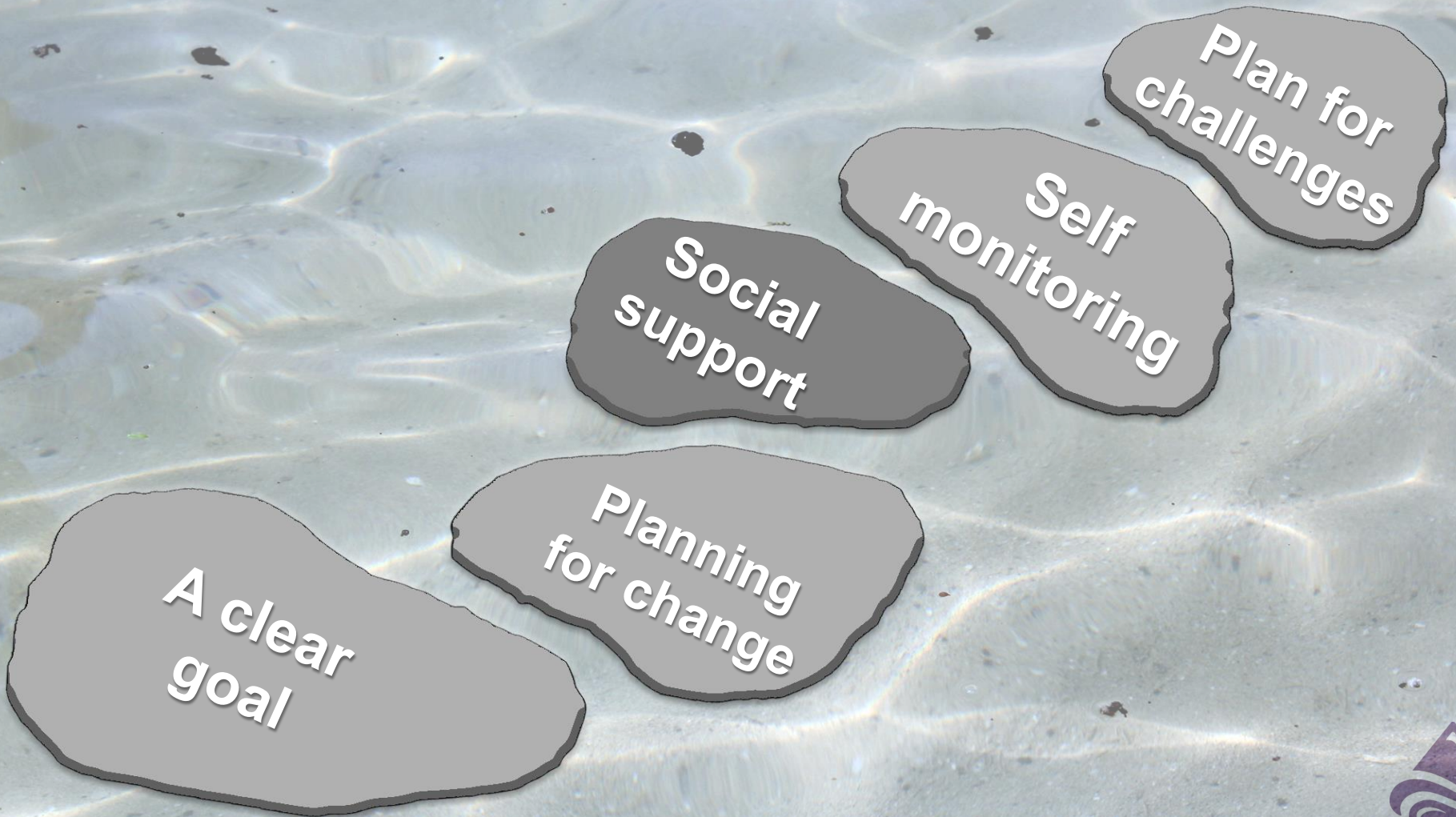
Social support

Self monitoring

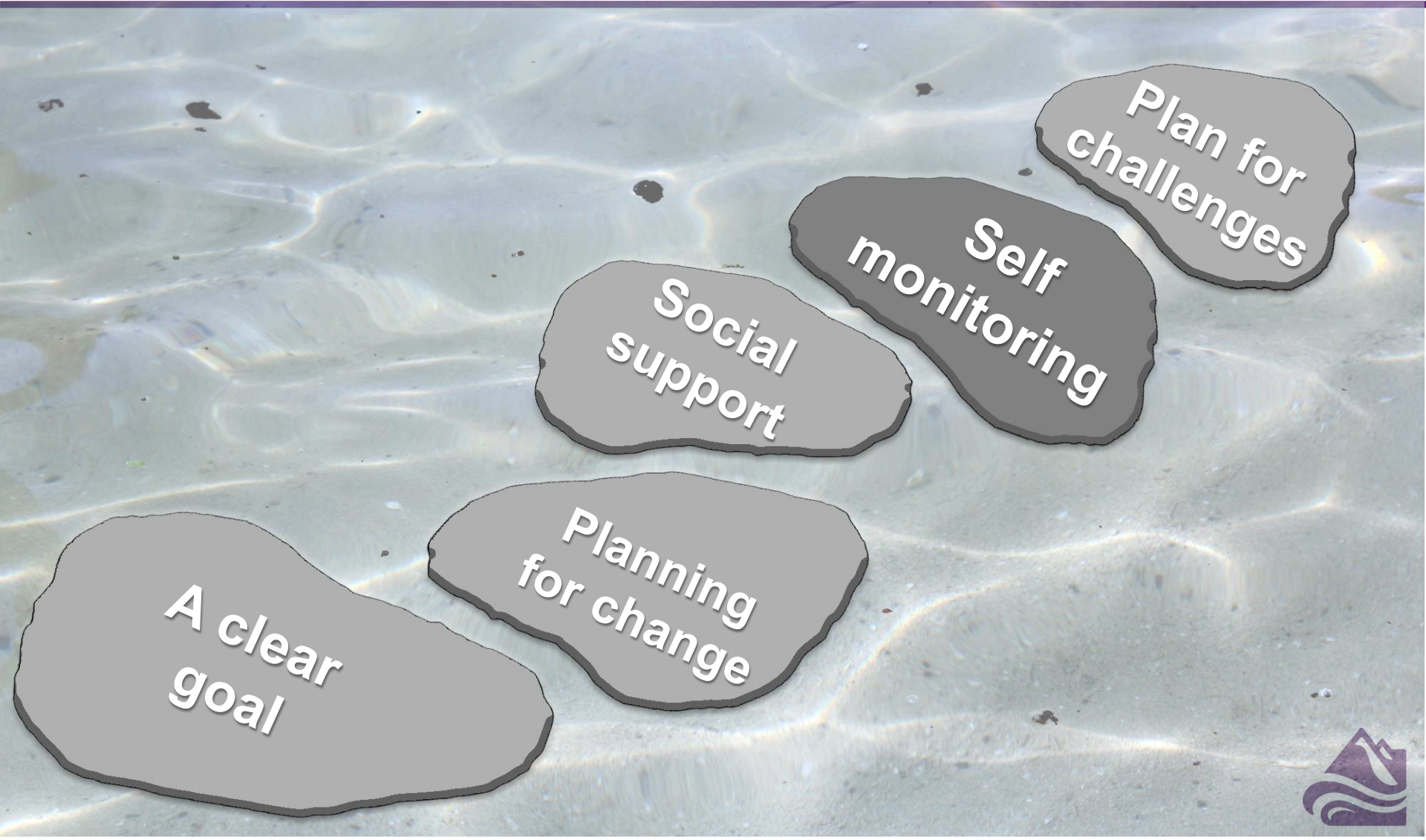
Plan for challenges



Social support



Self monitoring



Plan for challenges

Plan for
challenges

Self
monitoring

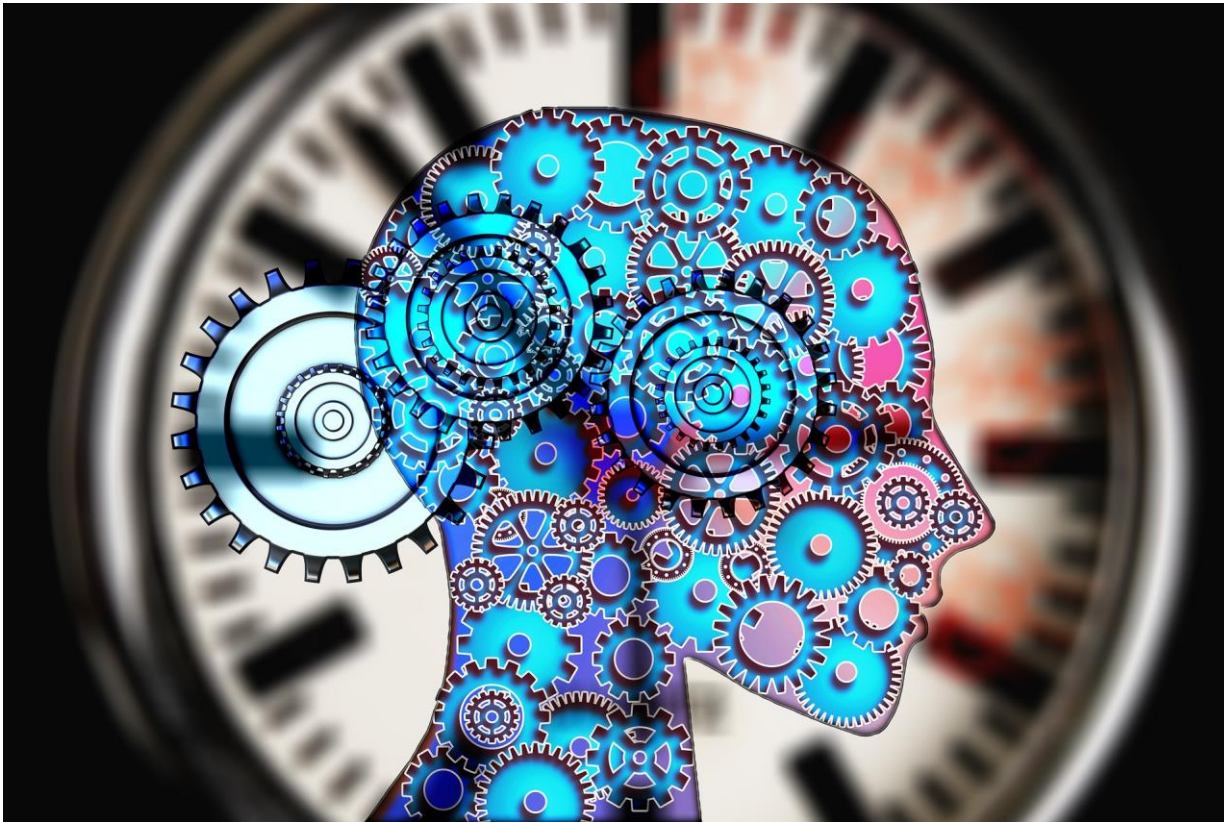
Social
support

Planning
for change

A clear
goal



Cognitive load



[Pixabay: Movement: CC0 Creative Commons](#)



Prompts and Cues: Changing your environment to make change easier



[Pixabay: Dessert, pastries, CC0 Creative Commons](#)



Looking ahead – your next goal!



[Stepping stones:](#)
[©Wikimedia Commons](#)



Task 1: Identify a goal

Ask Yourself

- How **important** is this goal to me in my life right now?
- How **confident** do I feel about achieving this goal.
- What would help me to feel more confident?

A clear goal



[Stepping stones:](#)
[©Wikimedia Commons](#)

Remember: When? Where? What? How often?



Task 2: Planning for change!

Planning for
change

Thinking about your goal:

- What things do you think you need to do to prepare for your goal.
 - Is there equipment you require?
 - do you need to clear space in your diary?
 - do other people need to know about what you are doing?



Task 3: Who will be your supporters?



*Social
support*

Who will you share
your goal with?

What type of support
do you want?

Remember:

It's your goal and you
own it!



Task 4: How will you self monitor



Self
monitoring

What can you do to self monitor?

- Taking pictures
- Keeping a diary
- Technology monitoring



Task 5: Plan for challenges

Plan for
challenges

Think about:

What might get in the way?

How are you going to deal with it?

What plans can be put in place in anticipation of a challenge?



Task 6: Completing the postcards

