



# 2018

## Action plan

This action plan will focus on your strengths, goal setting, initiative, preparation, visualisation and relaxation.

I want you to write down

Two things I am really good at...

I will spend less time...

One thing I really want to try is...

Eight things I will try my very best at...

Mediations are a great way to relax.

Your strength will be enhanced by physical exercise, your mind and body will benefit.

Focus on goal setting, the preparation and visualisation of your action plan will result in a fantastic outcome for 2018