

PUTTING GOALS INTO ACTION

with

YOUR MINDFUL PLAN



Sometimes changing our eating habits can feel like Groundhog Day!

Same intention, same result, but just not the result that you want.

This can create overwhelm, confusion and uncertainty.

Putting what you want to achieve on paper lets "your brain" see the path ahead.

This plan is for one of your goals, as each goal creates a number of action steps:

MY MINDFUL PLAN

My goal is:

It is now (date)

And I am or I have (Specific outcome)

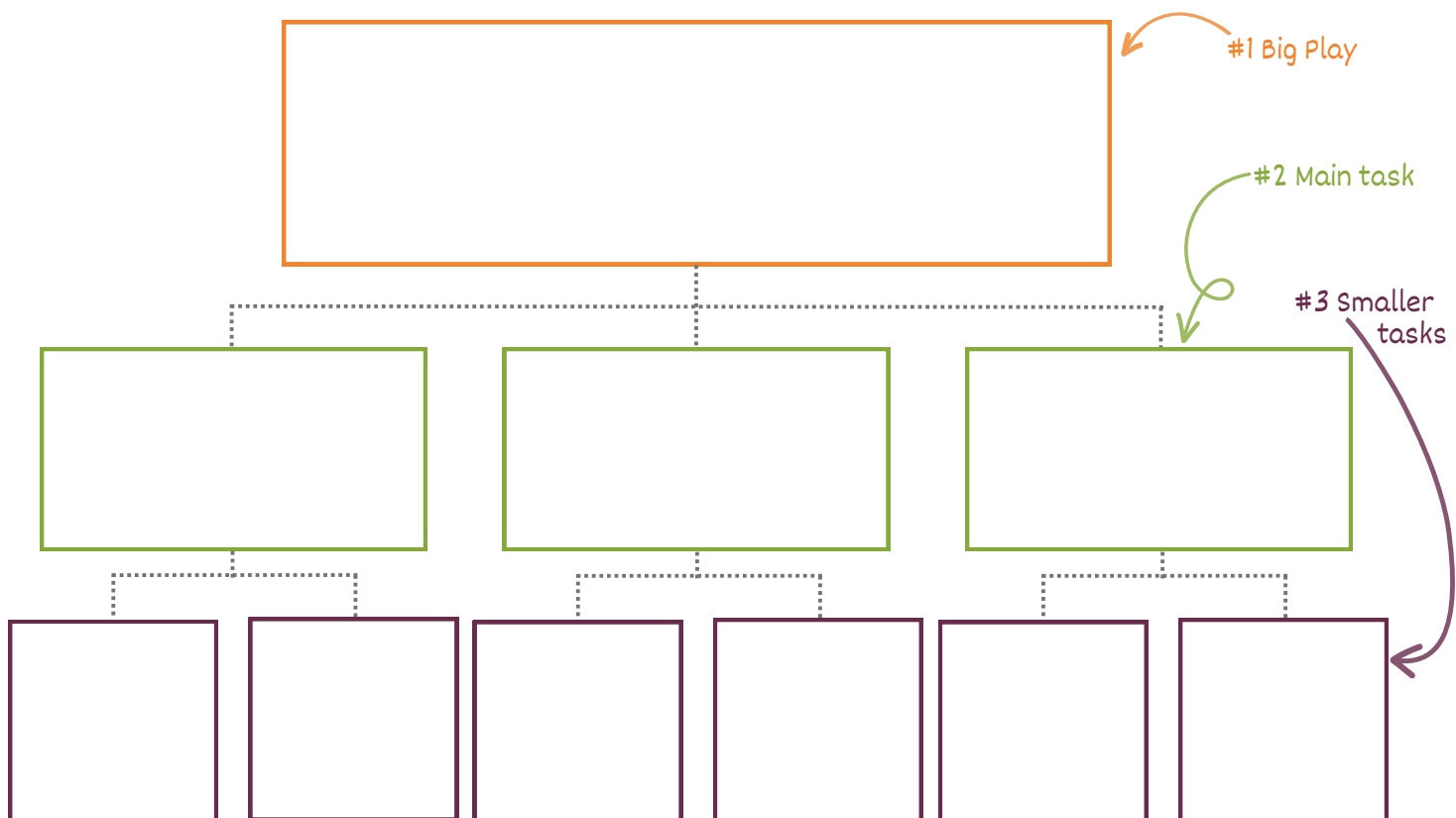
To put your goal into action you need a plan that is logical, and mindfully implemented, so that you are taking do-able steps in the right order.

#1 Break your goal into 3 big plays e.g. food, exercise, sleep, relaxation, mindful eating

#2 Break each big play into the main tasks e.g. meal planning, shopping, preparing meals

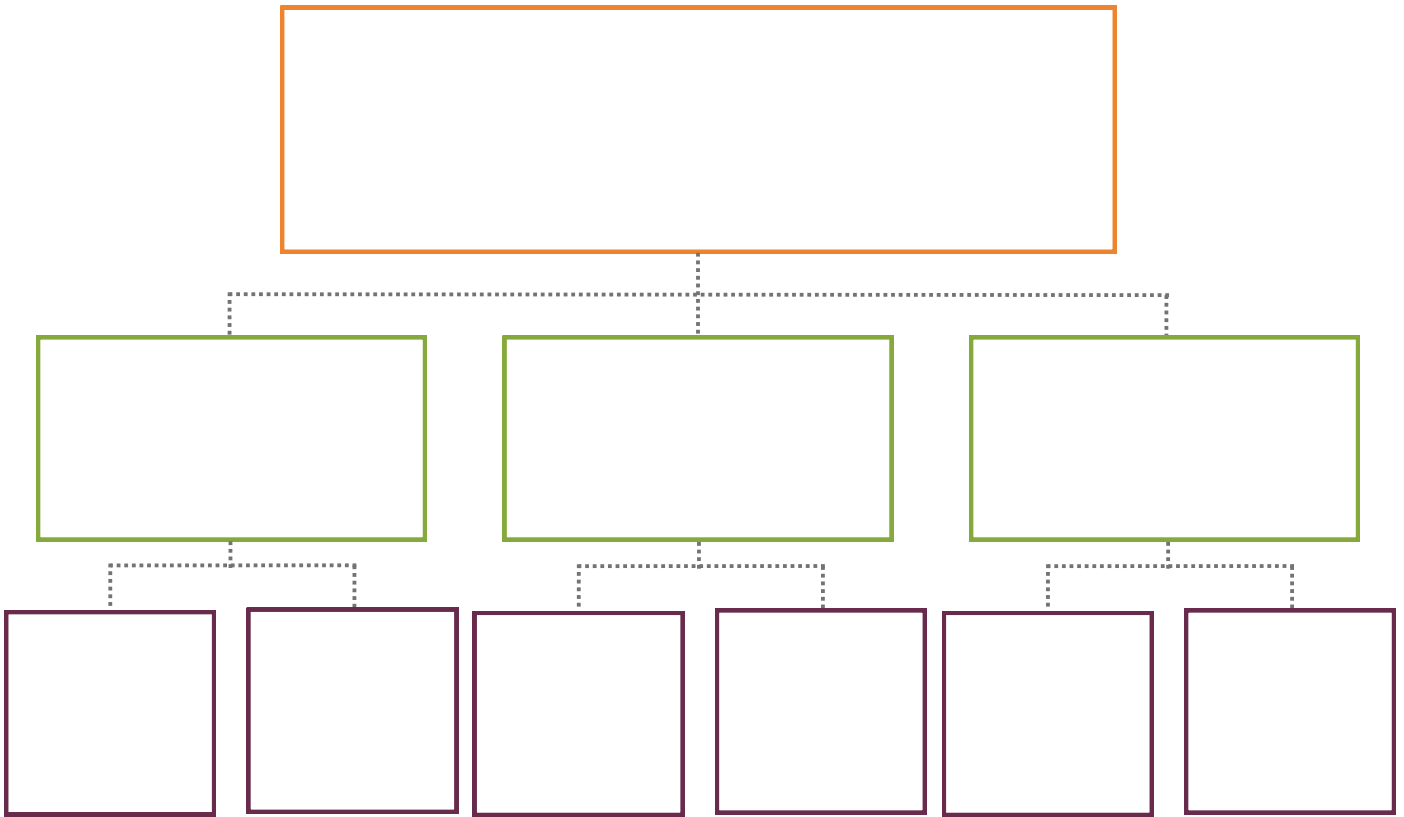
#3 Break the main tasks into smaller tasks e.g. keep a shopping list, find the recipes, go to the market

BIG PLAY #1



MY MINDFUL PLAN

BIG PLAY #2



BIG PLAY #3

