

The Planning and Taking Action Questionnaire:

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What is my goal for the coming month?

What area do I want to work on to change and improve it?

(You can choose a goal from the list of examples on the next page).

What are the three objectives for the goal I have chosen? (Remember that objectives should be challenging but obtainable. They must also be defined by a realistic time within which they can be achieved).

Objective

1

Objective

2

Objective

3

5. A list of goals:

(The areas which can be changed and improved)

Examples of goals: The areas or topics which can be changed or improved:

1. Improving self-confidence
2. Overcoming shyness
3. Improving your love life, overcoming the fear of making the first move
4. Improving your body image
5. Becoming more assertive, expressing your opinion, and learning to say "no" even in the face of peer pressure
6. Anger management
7. Becoming less sensitive
8. Learning to cope with stress

9. Learning how to live and let live

10. Learning to deal with failure and disappointments

11. Improving your social status

12. Keeping fit and staying healthy: Healthy eating and exercise

13. Taking the initiative and becoming more socially involved instead of complaining about not being invited

14. Overcoming stage fright and the fear of public speaking. Learning to express your opinion in front of others

15. Breaking unhealthy annoying habits

16. Improving your relationships with your friends and with your family

17. Facing up to sharing your deepest secrets

18. Overcoming inferiority complexes.



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