

Goal

Step 1

Step 2

Step 3

Step 4

Goal achieved

What do I want to achieve?

I will take an active part in my daughter's wedding

By when?

Her wedding is at Easter
(in 4 months)

What would I need to do to achieve this?

- I will need to plan my travel and accommodation so that I have plenty of time to recover from the journey before the wedding
- I will need to make an appointment with my doctor next month to see whether I need any additional treatment

January

Talk to my daughter about my travel and accommodation needs

February

Book the hotel

March

Speak to my doctor about my plans

Early April

Make a list of things I need to pack and check the weather

Wedding day!

Take an active part in my daughters wedding

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