

# Creating an Action Plan for Change

“I want to lose weight to improve my health.”  
“I’d like to reduce my stress.”  
“I’m going make better eating choices.”  
“I’m going to be more physically active.”

We all have changes we’d like to make. Goals around health, relationships, and career are common but your goal could be just about anything. Coming up with goals isn’t hard, the difficulty is obtaining them. In order to make a successful, lasting change, you’ll need effort, persistence, and a good plan.

**Start by clarifying your goal.** What, exactly, do you want to accomplish? How will you know you’ve accomplished it?

**How important is it to you?** Choose a goal because it is important to *you*, not just because someone else wants it for you. Consider how important this goal is to you on a scale from 1 to 10. If below 7, think about adjusting your goal to something that is more meaningful to you.

**Make your plan specific and take small, measurable steps.** When, where, or how will you work toward the goal? Most goals can be broken down into a series of small steps. Start with the first small step to make your goal more manageable. You’ll move to the next step after you’ve achieved success with the one before it.

**Be prepared for setbacks.** Most of us don’t achieve our goals on the first try. Give yourself the mindset of a realistic optimist. Stay positive and confident that you’ll reach your goal in the end, but anticipate mistakes, failures, and setbacks along the way. Brainstorm any barriers that might come between you and success. Decide now how you’ll deal with them if they come up.

**Enlist a support person.** Who will you tell about your goal? Discussing your plan with another person can help solidify your commitment to following through – and you’ll have someone to help you celebrate your success.

**Rate your confidence.** On a scale from 1 to 10, how confident are you that you can achieve your goal? If your confidence is below 7, adjust your plan to be more realistic for you right now.

**Review your progress.** At each step, take a moment to evaluate how you’re doing. If you’re not making the progress you’d like, ask why. Did you take on too much? Is there something else in your life that’s interfering? Here’s where the persistence comes in: modify your plan and start again. In time, you’ll get there.

**Use the Action Plan form on the following page for help with creating a plan for lasting change. Contact Member Health Improvement if you need help getting started.**

**Member Health Improvement Department**  
**(855) 644-4764 (toll free) or [health@hpmg.com](mailto:health@hpmg.com)**

# My Action Plan

To improve my health I will:

## 1. Choose one of the activities below:



\_\_\_\_\_ Work on something that's bothering me:

\_\_\_\_\_



\_\_\_\_\_ Stay more physically active!



\_\_\_\_\_ Use my medications/  
medical equipment.



\_\_\_\_\_ Improve my food choices.



\_\_\_\_\_ Reduce my stress.



\_\_\_\_\_ Cut down on smoking.

2. Chosen activity (what): \_\_\_\_\_

\_\_\_\_\_

3. On a scale from 1 to 10, how important is this to you? \_\_\_\_\_



10 VERY IMPORTANT

5 SOMEWHAT IMPORTANT

1 NOT VERY IMPORTANT

4. When/where/how often: \_\_\_\_\_

\_\_\_\_\_

5. Possible challenges: \_\_\_\_\_

\_\_\_\_\_

6. Plan to overcome challenges? \_\_\_\_\_

\_\_\_\_\_

7. Support person(s)? \_\_\_\_\_

8. On a scale from 1 to 10, what is your confidence level? \_\_\_\_\_



10 VERY SURE

5 SOMEWHAT SURE

1 NOT SURE AT ALL

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Support Person's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

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