

FROM IDEA TO ACTION

These are the factors that may help you transform an idea into reality. Use these factors as a guide only. Some of these may be helpful for some of our ideas, but not for others. Use the ones that work for you.



SMART GOALS:

Some factors help us convert an idea into action. Below is an acronym you might find helpful to remember these factors:

S

- Soothing-Supportive - don't bully yourself, it will only make you resent the effort, - be kind and set something you can measure
- Specific e.g. "half an hour walk" instead of "exercise more"

M

- Meaningful - what is important to you about this? e.g. "I care about being healthy when my kids grow up"

A

- Accountable - making a public commitment & attaching it to another event
- Attach/ Associate e.g. "tell a friend you'll do it as soon as you return from work"

R

- Resources - resourcefully (creatively) & within your current resources e.g. "get out of home and fill out this form in the local library"

T

- Time - when - and how long for - are you going to do this? e.g. "Fri, 6-6:30pm; break it to chunks, deal with one thing at the time"



Being creative might mean that you problem-solve things that hold you back and find new ways that work for you. Say, if you decided to do something and found that it did not happen. Approach it as a puzzle or a riddle to solve. What would help? Were there thoughts or emotions that you would open up to if they showed up again? If this were a game, what would you try to do to improve the chances of you acting on what matters to you?

ENJOY!