

A 7-step personal action plan

Adapted from “Think Small – the surprisingly simple ways to reach big goals” written by Owain Service & Rory Gallagher



Set

Choose the right goal

Set a specific target and deadline

Break it down into manageable steps



Plan

Keep it simple

Create an actionable plan

Turn the plan into habits



Commit

Make a binding commitment

Make it public and write it down

Appoint a commitment referee



Reward

Put something at stake for a headline objective

Build good habits through smaller rewards

Beware of backfire effects



Share

Ask for help

Tap into your social networks

Join a group



Feedback

Know where you stand in relation to your goal

Make feedback timely, specific and actionable

Compare yourself to others



Stick

Practice with focus and effort

Test and learn

Reflect and celebrate
