

## Week 1: Activity sheet

Question	Write your ideas. E.g. doing something active (house work, walk the dog), doing something creative (drawing, pain), doing something to relax (watch a movie, reading a book)
What change do you want to make? Keep it simple	
Why?	
What small steps can you take?	
What would help you?	
What obstacles might get in the way?	
How might you overcome obstacles?	

Please write your smart goals

<b>S</b>	
<b>M</b>	
<b>A</b>	
<b>R</b>	
<b>T</b>	