



## SELF MANAGEMENT

Vancouver  
CoastalHealth  
Promoting wellness. Ensuring care.

G.F. Strong Rehab Centre



Spinal Cord Injury BC

### Goal Setting/Action Planning

Is there anything you want to change about your health and/or well-being?

If yes:

1. What would you like to do? \_\_\_\_\_
2. How long or how much (minutes, servings etc.)? \_\_\_\_\_
3. Number of times per week? \_\_\_\_\_
4. When? \_\_\_\_\_

What strategies will help you achieve your action plan? \_\_\_\_\_

\_\_\_\_\_

How confident are you that you will achieve your action plan?

(0 = not at all confident; 10 = totally confident) \_\_\_\_\_

If your confidence is less than 7, what could you change in your action plan to increase your confidence in your ability to be successful? \_\_\_\_\_

How important is the action plan for you?


(0 = not important; 10 = totally important) \_\_\_\_\_

	Check Off	Comments
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		



LivingwithSCI.ca

Everything you need to know about SCI.  
From the people who've been there



Last Updated: October 2018



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