My Personal Action Plan

No matter what your health goal is, creating a specific plan can help you succeed.

Follow the steps to put you on a path toward meeting your goal. You can fill out this form online, but the information can't be saved. Or you can simply print it and then fill it out by hand.

Know your own reason.

Why is this change important to you? Make sure it's something that you really want to do.

Set a specific long-term goal.

What is a long-term goal that you can reach in about 6 to 12 months?

Set your short-term goals.

How can you create short-term goals that you take week by week to reach your long-term goal?

Prepare for slip-ups or setbacks.

What might get in the way of reaching this goal? You may already know that things like time, money, or emotions could get in the way. How might you get around these things?

Plan for support and rewards.

Who can help you meet your goals? Maybe friends, family, or a support group? And how will you reward yourself? A movie, a special meal, an hour to yourself can be a treat.

See your success.

How will your life be different after you make this change?



Step 1

Step 2

Stop 3

Stop 4

Step 5

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Louis D. Burgio, Matthew J. Wynn

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Empowering Teams in Higher Education: Strategies for Success Burris-Melville, Tashieka Simone, Burris, Shalieka Tiffia, Bledsoe, Kristin, 2024-04-22 Many businesses and organizations struggle with implementing effective teamwork leading to confusion stress and subpar results In higher education students often graduate without the necessary teamwork skills leaving them unprepared for the demands of the modern workplace Empowering Teams in Higher Education Strategies for Success addresses these challenges head on offering a practical guide for improving teamwork and creating a collaborative learning environment By providing insights strategies and real world examples this book equips students and educators alike with the tools they need to succeed Employers increasingly value teamwork and collaboration and do not have the resources to train recent graduates who need these essential skills This book fills the gap between higher education and the workforce by providing a roadmap for transforming students educational experiences With a focus on practical strategies and real world applications this book effectively prepares students to excel in team based environments Educators will also benefit from this book gaining valuable insights into effective team dynamics and how to nurture innovation in their classrooms

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Start Seeing and Serving Underserved Gifted Students Jennifer Ritchotte, Chin-Wen Lee, Amy Graefe, 2020-10-21 2020 TAGT Legacy Book Award for Educators Winner Flexible tools help teachers see understand teach challenge and advocate for underserved gifted students. The underrepresentation of students from historically marginalized populations including English language learners twice exceptional students culturally and linguistically diverse students and economically disadvantaged students in our gifted programs and services continues to be a critical issue in education. The importance of a caring and committed teacher who sees and supports the potential in all learners and who respects linguistic diversity and students cultural identity cannot be overstated yet teachers need the knowledge and training to do so This reader friendly guide meets that need promoting equity in gifted education by providing teachers with a variety of flexible tools to nurture the academic and affective growth of their gifted students from traditionally underserved populations. Over fifty strategies are outlined within five chapters addressing how teachers can see understand teach challenge and advocate for their underserved gifted learners in all content areas. The authors share numerous student quotes teacher anecdotes and spotlights on successful school efforts Digital downloads include all forms from the book and a PDF presentation A free PLC Book Study Guide for use in professional development is also available

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