

Goals: CREATE your outcome

MediGYM™

Concise and clear

Realistic (scale up goals or smaller steps)

Ecological (safe to you, safe to others, safe to the planet)

As now (present tense)

Timed, Toward positive

End step/ evidence procedure

Goals to insert into my future

- it is now _____ (future date)

- I am / I have _____

- _____

- _____ (end step)

Goal:	When to be completed:	Comments/ Reward	Tick when completed:
A)			
B)			
C)			
D)			
E) mid term goal (s)			
F) End of term goals			
Long term goal (s)			