

My Slow Life Implementation Plan for goal:

PART 1 – WHAT, WHY, HOW

My intention: (The general, overall thing you're after.)

The reason why I want this: (The values this goal encompasses.)

How I'll feel when I get it: (This is important because it's hypothesised that the only reason, we ever want anything at all is the way we think we'll feel when we get it.)

My specific, measurable goal to reach my intention:

Steps I will need to take to reach my goal: (A list of as many things as you can think of – the smaller the steps, the easier they will be to complete!)

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PART 2 – POTENTIAL OBSTACLES TO SLIP PAST

These things have previously stopped me from reaching my goals:

Thoughts: (e.g. it's too hard)

Previous attempts and past events: (can convince us we can't do it)

Feelings: (e.g. fear, doubt)

Physical Sensations: (e.g. blushing, feeling sick)

Distractions: (e.g. to avoid the task, to watch TV instead)

External circumstances I'm willing to ignore: (aka how I love to procrastinate)

People I have a relationship with who may try to sway me from my goal:

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PART 3 – MOTIVATION AND COMMITMENT

What I have learnt from my previous setbacks: (Think about what you can learn from your previous attempts. This helps you to feel like they were part of the journey, rather than ‘failures’.)

How this time will be different from the other times: (This step incorporates learning from the previous step and the previous experiences, further ensuring they are part of your journey to success. It also gives you hope that this time will be different).

NB: You might need to re-do your list of steps to reach goal after completing this section.

My motivation mantras: (Spend some time identifying helpful phrases that motivate you).

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PART 3 – MOTIVATION AND COMMITMENT continued

I can get started on this goal in less than two minutes by: (Steal this step from your list of steps in Part 1 – what, why, how, breaking the step down further/adding a new step, if necessary.)

I will start reaching my goal at:(day, date, time you will take the first step listed above)

Commitment: (Sign and date)

I commit to following through on this plan, regardless of what obstacles show up.

If new obstacles show up, I'll just add them to Part 2 .

When it feels hard, I'll read through this plan again and then take another two-minute action.