**SUSTAINABLE FARM FAMILIES™**

**ACTION PLAN – WORKSHOP ONE**

Name:

Program: Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Write goals that are ‘SMART’:

|  |  |  |  |  |
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| **S** – specific | **M** – measurable | **A** - attainable | **R** – realistic | **T** - time specific |

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| ***Goal*** | ***How I plan to achieve my goal*** | ***How I will share my actions and results with the group*** | ***Rating at Workshop 2*** |
| ***Example 1:*** *Reduce my weight by 5kgs in the next 6 months and my waist by 5cm* | *- Walk 5 mornings per week for 20 minutes;*  *- Join the bowls club and play one afternoon each week* | Report on weight loss and success of activities. |  |
| ***Example 2:*** *Improve farm OH&S by building a secure chemical shed* | *- In the next 3 months look at other chemical sheds to get ideas*  *- Organise the materials needed*  *- Complete the building of the shed by Oct* | Bring a photo of the completed shed to show the group |  |
| ***Example 3:*** *Reduce my stress by spending 2 hours quality time per week with my family* | *- At the start of each week get all family members to agree on a time and place to undertake a stress reducing activity together* | Provide examples of what activities we have done in the last 6 months and discuss how they have impacted on my stress levels |  |
| 1. |  |  |  |
| 2. |  |  |  |
| 3. |  |  |  |
| 4. |  |  |  |

**Please indicate if you wish us to send you specific assistance literature and/or resources to help you achieve any of your goals.**

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| **Signed:** |  | **Date:** |  |