

How Do I Get Started with Activity?

Consider the G.R.O.W. framework:

Goal: What do you want to achieve?

Questions to ask yourself: What do I want in the long term?
 Why is this goal important to me?
 What would achieving this goal mean for me?

Reality: What can you do now?

Questions to ask yourself: What is my current situation related to this goal?
 What obstacles or challenges am I facing?
 What have I already tried, and what were the results?
 What resources or support do I currently have?

Options/Obstacles: Tools, Knowledge, Support, Equipment, etc.

Questions to ask yourself: What are all the possible ways I could achieve this goal?
 What are the pros and cons of each option?
 What option seems most feasible and effective?
 Are there additional resources/support that I need to consider?

Way Forward: Find an entry point and begin moving towards your goal.

Questions to ask yourself: What specific actions will I take towards my goal?
 When will I start and what is the timeline?
 How will I stay motivated and accountable?
 What potential obstacles may arise, and how will I address them?

Now use the following template to come up with your own activity goal:

Goal: What do you want to achieve?

Reality: What can you do now?

Options/Obstacles: Tools, Knowledge, Support, Equipment, etc.

Way Forward: Find an entry point and begin moving towards your goal.
