Keeping on track planner - My 3 month plan



Factors that trigger/contribute to my fatigue



Factors that lessen my fatigue



Describe how you intend to work towards this priority



Consider possible barriers/ trouble spots and ways of handling them



Describe how you intend to work towards this priority



Consider possible barriers/ trouble spots and ways of handling them



Describe how you intend to work towards this priority



Consider possible barriers/trouble spots and ways of handling them



Now set SMART goals for each of your priority areas. NB: You will probably need to set more than one SMART goal for each priority.