

GOAL ACHIEVEMENT PLAN (GAP)

NAME:

DATE:

DEVELOPMENT GOAL:

ACTIONS:

Step	Trigger	Old Behaviour (Stop)	New Behaviour (Start)	When is This New Behaviour a Habit?	Check-in: Dates and Progress (see key below)	
1.	Wheninstead of ...	I will ...	It's a habit when...	Date:	Progress

2.	When...	...instead of...	I will ...	It's a habit when...	Date:	Progress
3.	When...	...instead of ...	I will ...	It's a habit when...	Date:	Progress
4.	When...	... instead of...	I will ...	It's a habit when...	Date:	Progress

5.	Wheninstead of ...	I will ...	It's a habit when...	Date:	Progress
6.	When instead of...	I will ...	It's a habit when...	Date:	Progress

Habit Progress Key:

1. I don't know about it so I don't do it.
2. I don't do it much yet, but I know when I'm not doing it.
3. I'm doing it more, but I have to think about it.
4. I'm doing it most of the time and I don't even have to think about it – it's automatic.

FINAL STEP: Measure Success in Achieving the Development Goal

Anything else for this goal?