



Goal Setting and Action Planning

Learning plan: Cardiac Rehab

UHN CARDIOVASCULAR PREVENTION AND REHABILITATION PROGRAM

Topic Summary: Goal Setting and Action Planning

Even when you know that a new healthy habit can improve your health, it is not always easy to make a change. Learn the steps to create a plan for change.

Learning goals

Explore the learning resources to learn:

- How to choose one health behaviour to focus on for the week
- How to create an action plan

Learning Resources

- THRiVE: [Create a Plan for Change](#)
- Website: [Goal Setting and Action Planning](#)
- Webinar: [Set Goals and Action Plans at Home](#)
- Patient Guide: [Setting Goals for a Healthy Heart](#)

Tools for Self-Management

- [Create your action plan](#)
- [Reflect on your week](#)
- [Aerobic Exercise Diary](#)
- [Measure Your Walking Route](#)

Key points:

- ◆ Follow 3 steps to take control of your health: 1) Define your vision, 2) Set a goal, and 3) Create an action plan.
- ◆ You are more likely to achieve your goal if you believe it is important, feel confident you can do it, and feel ready to work on it. Start with something small.