

Step 3 - Identify one small action you could take to help reach your goal

What is the action?	What do you need to do?	Who will help?	When will you do it?	How will you know you have been successful?
<p><i>Example:</i> Have quiet, uninterrupted time to listen to the 8 episodes of Mindfulness on Demand through Carers Australia</p>	<p><i>Example:</i> 1) Find and download the playlist 2) Longest episode is 30 minutes, and I should set an achievable goal of 2 per week 3) Choose a time in my schedule where this is possible</p>	<p><i>Example:</i> I will make time for this in between preschool drop off and starting work so I won't need someone to help</p>	<p><i>Example:</i> I'd like to listen to 2 a week over 4 weeks. I will do this Tuesday and Thursday morning after the preschool drop-off and before I start work</p>	<p><i>Example:</i> When I have listened to all 8 episodes without any interruption</p>
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