

# BE THE CHANGE DEVELOPMENT PLAN



The theme for 2014 is 'Be the Change'. We are asking women and men to commit to this by taking action in 3 areas:

## **MAKE A COMMITMENT TO:**

1. Improve personal health and well being by learning and practicing mindfulness.
2. Help your family be healthier by making healthy choices for yourself and your family.
3. Make your voice be heard: speak up and take action to help make positive changes in your community and worldwide.

## **LET'S BE THE CHANGE WE WISH TO SEE IN OUR COMMUNITY AND OUR WORLD**

1. 1. Where do you see yourself in twelve months time?

2. 2. What you will be doing?

3. 3. What skills do you have that will help you to achieve what you want?

4. 4. What do you feel could be barriers that might hinder you achieving what you want to be?

5. 5. How will you go about overcoming these barriers?

6. 6. Who do you consider to be positive role models in your life who will support you?



# BE THE CHANGE

## ACTION PLAN

### ONE MONTH

Choose two tasks for each section, such as personal development, making a change in your family or the community, then complete the boxes.  
 (see the example given in comic sans)

<b>Outline Task</b> <i>What needs to be done ?</i>	<b>Action</b> <i>How will you achieve this?</i>	<b>Delegated person</b> to help me to the task	<b>Timescale</b> a) <i>When will the action start ?</i> b) <i>When will it finish?</i> C) <i>When will it be reviewed</i>	<b>Monitoring</b> <i>Who will ensure I do this task ?</i>	<b>Success criteria</b> <i>How will you know if you have been successful?</i>
Apply for a new job	Check the newspaper and internet	My friend .....	a) Start next week Wednesday b) It will be ongoing till I get the new job c) I will review my progress every 6 weeks	My friend will monitor that I am looking and applying for jobs	When I get the new job

### THREE MONTHS

<b>Outline Task</b> <i>What needs to be done ?</i>	<b>Action</b> <i>How will you achieve this?</i>	<b>Delegated person</b> to help you to do the task	<b>Timescale</b> <i>a) When will the action start ?            b) When will it finish?            C) When will it be reviewed</i>	<b>Monitoring</b> <i>Who will ensure you do this task ?</i>	<b>Success criteria</b> <i>How will you know if you have been successful?</i>

Notes

**SIX MONTHS**

<b>Outline Task</b> <i>What needs to be done ?</i>	<b>Action</b> <i>How will you achieve this?</i>	<b>Delegated person</b> to help you to do the task	<b>Timescale</b> <i>a) When will the action start ?                      b) When will it finish?                      C) When will it be reviewed</i>	<b>Monitoring</b> <i>Who will ensure you do this task ?</i>	<b>Success criteria</b> <i>How will you know if you have been successful?</i>

Notes

**ONE YEAR**

<b>Outline Task</b> <i>What needs to be done ?</i>	<b>Action</b> <i>How will you achieve this?</i>	<b>Delegated person</b> to help you to do the task	<b>Timescale</b> a) <i>When will the action start ?</i> b) <i>When will it finish?</i> C) <i>When will it be reviewed</i>	<b>Monitoring</b> <i>Who will ensure you do this task ?</i>	<b>Success criteria</b> <i>How will you know if you have been successful?</i>

