

Plan Your Next Focus

In the last exercise you identified your priorities and goals. In this exercise you will choose your first goal to focus on — getting clear on why it matters, and the big picture of what it will take to be successful. You'll also work out what your first week could look like — you don't have to plan it all out at once. Once that's in place, all that's left is to commit to it, which is exactly what the next exercise is for. By the end of this exercise, you'll have a plan for your goal, and know the first steps to take to get it started.

1. Define your goal

Look back at your chart from the last exercise, and choose the goal you feel most appropriate to focus on. If you have already chosen the goal that you want to focus on, write it here. If not, take a moment to choose one now — make it specific, and phrase it positively: describe exactly what you will do, rather than what you'll stop or avoid doing.

For example, instead of “I’m not going to let days go by without learning any Torah,” write “I will learn the ArtScroll book *The Daily Dose* for 20 minutes each day before heading out to work, and also on Shabbos and Sunday mornings at 7:30am.”

MY GOAL

2. Picture success & understand why it matters

What would I like this goal to look like, how will it feel? What would I be doing differently from what I'm doing now?

Now complete this sentence: this matters to me because... Then ask yourself, "why does that matter?" Keep asking "why?" until you reach the answer that really motivates you.

3. Work out what it will take

What will being successful in this goal take — what would you need to do, learn, arrange, or change to make it happen? You're not committing to any of it yet — just understanding the price tag of success before you buy.

For example, if your goal is to eat healthier at every meal, you might realise you'd need to: learn what you should be eating, speak to a dietitian, find healthy meals you actually enjoy, buy the right food, change what's in the house, work out what to eat at work, plan your breakfasts, and get your family onboard so they know how they can help.

WHAT MIGHT IT TAKE?

4. Choose your first step

Look back at what you just worked out. What's the very first step you could take? It doesn't have to be a one-time action — it could just as easily be a daily practice you start now. Think small, simple, and doable — ideally something you could begin today or tomorrow.

MY FIRST STEP

5. Choose when to begin

What's the first opportunity you have to take this step? Choose a realistic day and time to get started. Putting it in your diary makes it much more likely to happen.

DAY & TIME

Now think a little further ahead. Imagine you're focusing on this goal for the coming week or two — what practical things would you need to schedule, arrange, learn, buy, book, or prepare to get started? You don't need to plan every day yet — just work out what needs to happen first.

For example: Book a dietitian · Buy healthy food · Find three breakfasts I can make · Prepare lunches for work.

WHAT	WHEN	WHERE	WITH WHOM
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MAKE SURE YOU REMEMBER

- ☐ Add it to my calendar ☐ Set an alarm or reminder

6. Get support

You don't have to do this alone. Who could encourage you, support you, or give you advice along the way? If it helps, consider doing this step together with them, rather than just checking in afterward — whatever makes it easiest.

WHO COULD HELP ME?

HOW WILL I CONTACT THEM?

☐ WhatsApp ☐ Phone ☐ In person ☐ Other:

WHEN WILL I DO THIS?

7. Make success easier

What's most likely to get in the way? What could you do now to make success easier?

POSSIBLE OBSTACLES

POSSIBLE SOLUTIONS

8. Check your confidence

How confident are you that you'll actually do this? Circle one number.

1	2	3	4	5	6	7	8	9	10
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If you circled less than 8, ask yourself why — what's the reason, and what could you do about it?

THE REASON

WHAT I CAN DO ABOUT IT

9. Ask Hashem for help (optional)

Finish with a short prayer in your own words. Ask Hashem to help you stay focused, overcome obstacles, and succeed in taking your next step.

You're now ready to turn your plan into action. In the next exercise, you'll take what you've worked out here and turn it into a real commitment for the week ahead — deciding exactly what you'll do, when, and who's involved.

The only step left is to commit to it.

I'm in — one week at a time!

