

It Takes 7 Daily Action Planner



Record a plan for improving your healthcare practices, e.g., if you don't drink enough water your goal could be: **Water** – Try and drink 1½ litres of water each day. Carry my water bottle with me wherever I go. **Rest** – Try and get 10 hours sleep. Go to bed earlier and read a book. At the end of the week come back and see if you have carried out your 'action plans' and achieved your goals.