

Alternative Planning

Live timeframes

There are lots of methods to plan some actions and future targets some people find a certain approach helps. The following worksheet may be an alternative tool that will work better for you. Worksheet 1 will help you pin down even smaller steps and particular timeframes.

Worksheet 1

Immediate, short term or long term planning is essential to feel a sense of achievement. Break your plan into steps linking it to timeframes that suit you. These could be days, weeks, months or even years..

What is it you want to achieve?	What is your time frame and what steps can you take to get there?			
<p>e.g. I want to meet one new friend this year</p>	<p>By end Week 23rd Feb</p> <p>Step 1: Have a think about where I could meet new friends – list</p> <p>Step 2: Go to library to find out about cycling clubs</p> <p>Step 3: Use the internet and Google clubs & groups</p>	<p>By end April 09</p> <p>Step 4: Identify suitable group and make enquiries about times/costs etc.</p> <p>Step 5: Find ‘buddy’ to come along with me, existing friend or someone from Haven Timebank.</p> <p>Step 6: Contact group leader to join/start</p> <p>Step 7: Make a commitment - Attend regularly with ‘buddy’</p> <p>Step 8: Chat to two new people each time</p>	<p>By end July 09</p> <p>Step 9: Attend for a period without ‘buddy’</p> <p>Step 10: Invite someone I click with to meet up for a coffee in town</p> <p>Step 11: Judge whether relationship will be reciprocated & worth investing in.</p> <p>Step 12: Exchange telephone numbers or email addresses</p>	<p>Dec 09</p> <p>Step 13: Contact outside group for a chat by phone</p> <p>Step 14: Make negotiated regular arrangements to meet up for coffee, or cinema, museum – a common interest</p> <p>Step 15: Invite to home and share get together in each others home</p> <p>Step 16: Acknowledge that you have a new friend</p>

Worksheet 1 (Cont)

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