Action Plan

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|  | Issue | Action | How | By When |
| 1. | I want to become more independent. | Move out of my parents’ house. | Save money for a deposit on a house, and investigate rent prices in Martlesham Heath. | July 2015 |
| 2. | Improve my sleep. | Go to bed earlier.  Feel less stimulated in the evenings. | Spend more time reading in the evenings.  Drink only one cup of tea in the evening. | December 2014 |
| 3. | Get more exercise. | Build more activity into my week. | Join a gym.  Join East Bergholt Tennis Club. | September 2015 |
| 4. | Meet more people my age, and thus spend less time on my own with a computer. | Begin a more social life. | Join a church with a younger congregation. | July 2015 |
| 5. | Be more pragmatic decisions that have a major impact on my life. | Realise the real-world consequences of my actions. | Write down the consequences of a big decision, and who is effected by my decision.  Start a mindfulness course. | The next time an important decision comes up. |
| 6. | I do not build life maintenance like housework or cooking into my day. | Take on more housework duties at home. | Practise cooking with Mum, and help cleaning the house. | October 2014 |

Strengths

I am hard working and I am getting more experienced programming computers.

I have a growth mindset when it comes to my career.

I am always trying to learn new techniques and topics

Weaknesses

I can get carried away with a problem or challenge.

I can be over confident in my own abilities.

I struggle to set reasonable goals and finish objectives.

Opportunities

To find out more about the Research area of BT.

To do a Phd or Masters in Computer Science.

To improve my ability to empathise at the youth group I help out with.

Improve my cooking skills by learning from my Mum.

Threats

Prematurely taking on too much responsibility at work.

Not building good housekeeping habits at home.