Action Plan

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|  | Issue | Action | How | By When |
| 1. | Pace my workload. | Take regular breaks when working at home. | Write a todo list of non-work related things, and do one of these things as a break from work. |  |
| 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. |  |
| 3. | Get more exercise. | Build more activity into my week. | Join a gym.  Join East Bergholt Tennis Club. |  |
| 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. |  |
| 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. | Base my opinions on experience rather than assumptions about what over people think. | Listen to other people, but take time out of my day to think about my own opinions. | Review the day in the evening. This is linked to action 2. |  |