Turning Big Goals into Action Steps

Part 2:

Helping participants create

Action Steps

Examples of participant’s big goals are listed below. Please think of a few open-ended, probing questions that you could ask the participant to help them narrow down their big goal into an “action step”.

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| Participant’s Big Goal: | Questions to help them narrow big goals: |
| Ex: To eat more fruits. | How might you eat more fruits each day?  What might you do to eat more fruits each day?  What are some fruits you’re willing to include? |
| To get my child to eat more vegetables. |  |
| To eat more fiber. |  |
| To get my child off of the bottle. |  |
| To lose weight. |  |
| To eat less fast food. |  |
| To eat healthier. |  |
| To get more iron. |  |
| To help my child be more active. |  |