

# FIGHT FIBROID DOMINANCE ACTION PLAN - YOUR TEMPLATE



Fibroid Wellbeing  
Control Fibroid Domination

YOUR NAME	CREATION DATE

ACTION	RESPONSIBLE	PRIORITY	STATUS	START	END	NOTES
<b>Goal #1: DETERMINE RISK</b>						
<b>START RESEARCH ON FIBROIDS</b>						
<b>READ 'ARE YOU AT RISK' FIBROIDWELLBEING ARTICLE</b>						
<b>COMPLETE QUIZ</b>						
<b>SEEK MEDICAL ADVICE</b>						
<b>Goal #2: CONTROL DOMINANCE THROUGH DIET</b>						
<b>READ UP ON DOMINANCE PROMOTERS</b>						
<b>READ UP ON DOMINANCE BLOCKERS</b>						
<b>ADD MORE BLOCKERS TO YOUR WEEKLY GROCERY LIST</b>						
<b>REDUCE PROMOTERS FROM YOUR WEEKLY GROCERY LIST</b>						
<b>TRY QUICK AND SIMPLE DRINKS AND SMOOTHIES</b>						

<b>Goal #3: CONTROL DOMINANCE THROUGH AN ACTIVE LIFESTYLE</b>						
START BASIC ACTIVITY TIME SAVERS E.G 30 MINUTE POWER WALKS TO WORK						
COMPLETE AN ACTIVITY PLAN AND ACTION IT						
WHEN READY, STEP UP ACTIVITY TYPE E.G. GYM WORK; SWIMMING						
SEEK MEDICAL ADVICE						
<b>Goal #4: CONFIDENCE TO MEET CAREER GOALS</b>						
TALK TO YOUR EMPLOYER OR A MENTOR						
GO FOR THE IDEAL WORK/LIFE BALANCE OPTION						
WRITE DOWN CAREER GOALS AND PRIORITIES						
SEEK NEW LEARNING & DEVELOPMENT OPPORTUNITIES						
NETWORK WITH OTHER WOMEN						
<b>Goal #5: CONTROL DOMINANCE BY DE-STRESSING</b>						
WRITE DOWN WHAT CAUSES YOU STRESS						
RESEARCH DE-STRESSERS						
WRITE DOWN DE-STRESSERS THAT YOU LIKE/ENJOY						

COMPLETE A PLAN AND ACTION IT						
START DOING WHAT HELPS YOU DE-STRESS E.G MEDITATE, YOGA						
WORK ON OTHER GOALS, E.G DIET						
<b>Goal #6: CONFIDENCE TO START A FAMILY</b>						
SEEK MEDICAL ADVICE						
WORK ON OTHER GOALS, E.G DIET						
SEEK FAMILY AND FRIENDS EXPERIENCES AND KNOWLEDGE						
DO RESEARCH ON FIBROIDS AND PREGNANCY						
<b>Goal #7: NO MORE HARMFUL SUBSTANCES</b>						
NOTE DOWN A LIST OF HARMFUL SUBSTANCES AND PRODUCTS						
CHECK PRODUCT LABELS						
GO ORGANIC, NATURAL AND PBA FREE						
DO RESEARCH ON FIBROIDS AND THE ENVIRONMENT						
TRY DIY HAIR AND BEAUTY PRODUCTS						

# FIGHT FIBROID DOMINANCE ACTION PLAN - AN EXAMPLE



Fibroid Wellbeing  
Control Fibroid Domination

YOUR NAME	CREATION DATE
<i>Bola</i>	<i>1st Jan 2018</i>

ACTION	RESPONSIBLE	PRIORITY	STATUS	START	END	NOTES
<b>Goal #1: DETERMINE RISK</b>						
<u>START RESEARCH ON FIBROIDS</u>	<i>Bola</i>	<i>high</i>	<i>in progress</i>	<i>2 Jan</i>	<i>31 Jan</i>	<i>start with nhs website</i>
<u>READ 'ARE YOU AT RISK' FIBROIDWELLBEING ARTICLE</u>	<i>Bola</i>	<i>high</i>	<i>completed</i>	<i>7 Jan</i>	<i>7 Jan</i>	<i>Informative read!</i>
<u>COMPLETE QUIZ</u>	<i>Bola</i>	<i>high</i>	<i>completed</i>	<i>8 Jan</i>	<i>8 Jan</i>	<i>I'm in high risk category!!</i>
<u>SEEK MEDICAL ADVICE</u>	<i>Bola</i>	<i>high</i>	<i>in progress</i>			<i>Doctor not available until 22 Jan</i>
<b>Goal #2: CONTROL DOMINANCE THROUGH DIET</b>						
<u>READ UP ON DOMINANCE PROMOTERS</u>	<i>Bola</i>	<i>medium</i>	<i>completed</i>	<i>14 Jan</i>	<i>16 Jan</i>	<i>added list of promoters to journal</i>
<u>READ UP ON DOMINANCE BLOCKERS</u>	<i>Bola</i>			<i>14 Jan</i>	<i>16 Jan</i>	<i>added list of blockers to journal</i>
<u>ADD MORE BLOCKERS TO YOUR WEEKLY GROCERY LIST</u>		<i>medium</i>				<i>enjoying kale and feel more energised!</i>
<u>REDUCE PROMOTERS FROM YOUR WEEKLY GROCERY LIST</u>			<i>completed</i>			<i>no more daily espresso coffees!</i>
<u>TRY QUICK AND SIMPLE DRINKS AND SMOOTHIES</u>	<i>Bola</i>	<i>high</i>	<i>completed</i>	<i>18 Jan</i>		<i>quick and great time savers. my smoochies and drinks go with me everywhere!</i>
<u>GET NUTRITION ADVICE</u>	<i>Nutritionaist</i>	<i>medium</i>	<i>in progress</i>	<i>23 Jan</i>	<i>29 Jan</i>	<i>recommendation from work colleague. Nutritionist to send advice by end of month</i>

<b>Goal #3: CONTROL DOMINANCE THROUGH AN ACTIVE LIFESTYLE</b>						
START BASIC ACTIVITY TIME SAVERS E.G 30 MINUTE POWER WALKS TO WORK	<i>Bola</i>	<i>medium</i>		<i>10 Feb</i>	<i>-</i>	
COMPLETE AN ACTIVITY PLAN AND ACTION IT			<i>not started</i>	<i>25 Jan</i>	<i>-</i>	
WHEN READY, STEP UP ACTIVITY TYPE E.G. GYM WORK; SWIMMING	<i>Bola</i>			<i>1 March</i>		
SEEK MEDICAL ADVICE		<i>high</i>	<i>completed</i>	<i>23 Jan</i>		<i>health check completed</i>
GET EXERCISE ADVICE	<i>Local Gym</i>	<i>medium</i>	<i>in progress</i>	<i>24 Jan</i>		<i>session booked with gym advisor</i>
<b>Goal #4: CONFIDENCE TO MEET CAREER GOALS</b>						
TALK TO YOUR EMPLOYER OR A MENTOR	<i>Bola</i>	<i>high</i>		<i>5 Mar</i>	<i>12 Mar</i>	
ARRANGE THE IDEAL WORK/LIFE BALANCE OPTION	<i>Bola/HR</i>	<i>high</i>				<i>book Occupational Health session</i>
WRITE DOWN CAREER GOALS AND PRIORITIES			<i>not started</i>	<i>1 Feb</i>	<i>8 Feb</i>	
SEEK NEW LEARNING & DEVELOPMENT OPPORTUNITIES			<i>not started</i>	<i>12 Feb</i>	<i>17 Feb</i>	<i>e.g. training on how to setup a home office!</i>
NETWORK WITH OTHER PROFESSIONAL WOMEN	<i>Bola</i>	<i>medium</i>	<i>not started</i>			<i>check out facebook groups and meetups!</i>
<b>Goal #5: CONTROL DOMINANCE BY DE-STRESSING</b>						
WRITE DOWN WHAT CAUSES YOU STRESS	<i>Bola</i>	<i>high</i>	<i>in progress</i>	<i>1 Feb</i>	<i>2 Feb</i>	<i>thinking about work when i'm at home!</i>
RESEARCH DE-STRESSERS		<i>medium</i>	<i>not started</i>			<i>yoga sounds good! will persue</i>

WRITE DOWN DE-STRESSERS THAT YOU LIKE/ENJOY			<i>not started</i>	<i>13 Feb</i>	<i>14 Feb</i>	<i>i love listening to slow jam music</i>
COMPLETE A PLAN AND ACTION IT	<i>Bola</i>			<i>15 Feb</i>	<i>17 Feb</i>	
START DOING WHAT HELPS YOU DE-STRESS E.G MEDITATE, YOGA		<i>high</i>				
WORK ON OTHER GOALS, E.G DIET	<i>Bola</i>		<i>in progress</i>			<i>dependencies!</i>
<b>Goal #6: CONFIDENCE TO START A FAMILY</b>						
SEEK MEDICAL ADVICE	<i>Bola</i>	<i>high</i>	<i>not started</i>	<i>1 May</i>	<i>5 May</i>	<i>book an appointment with gynae</i>
WORK ON OTHER GOALS, E.G DIET		<i>high</i>	<i>not started</i>			
SEEK FAMILY AND FRIENDS EXPERIENCES AND KNOWLEDGE			<i>not started</i>	<i>20 Apr</i>	<i>25 Apr</i>	
DO RESEARCH ON FIBROIDS AND PREGNANCY	<i>Bola</i>		<i>not started</i>			
<b>Goal #7: NO MORE HARMFUL SUBSTANCES</b>						
NOTE DOWN A LIST OF HARMFUL SUBSTANCES AND PRODUCTS	<i>Bola</i>	<i>high</i>	<i>in progress</i>	<i>5 Jan</i>	<i>7 Jan</i>	<i>downloaded list of environmental chemicals to avoid from course resource list</i>
CHECK PRODUCT LABELS	<i>Bola</i>					
GO ORGANIC, NATURAL AND PBA FREE		<i>medium</i>				
DO RESEARCH ON FIBROIDS AND THE ENVIRONMENT			<i>in progress</i>			
TRY DIY HAIR AND BEAUTY PRODUCTS		<i>medium</i>		<i>2 Feb</i>	<i>20 Feb</i>	
