

“This Is Your Strategy Title”

Situation	Objective	Strategy	Tactics	Actions
“This is where you are now”	“This is where you want to be”	“This is how you’re going to get there”	1. “This is exactly how you’re going to get there”	<ol style="list-style-type: none">1. “This is the 1st action of your 1st tactic”2. ”This is the 2nd action of your 1st tactic”3. “This is the 3rd action of your 1st tactic”4. “This is the 4th action of your 1st tactic”
			2. “This is exactly how you’re going to get there”	<ol style="list-style-type: none">1. “This is the 1st action of your 2nd tactic”2. ”This is the 2nd action of your 2nd tactic”3. “This is the 3rd action of your 2nd tactic”4. “This is the 4th action of your 2nd tactic”
			3. “This is exactly how you’re going to get there”	<ol style="list-style-type: none">1. “This is the 1st action of your 3rd tactic”2. ”This is the 2nd action of your 3rd tactic”3. “This is the 3rd action of your 3rd tactic”4. “This is the 4th action of your 3rd tactic”
			4. “This is exactly how you’re going to get there”	<ol style="list-style-type: none">1. “This is the 1st action of your 4th tactic”2. ”This is the 2nd action of your 4th tactic”3. “This is the 3rd action of your 4th tactic”4. “This is the 4th action of your 4th tactic”

SOSTAC - Strategy Example

Situation	Objective	Strategy	Tactics	Actions
I don't feel healthy or the best version of me	I want to improve my quality of life and life expectancy	To make positive lifestyle changes in areas of my control	1. Improve Sleep	<ol style="list-style-type: none">1. Set a bedtime for weekdays and weekends2. Stop intaking caffeine after 3pm
			2. Improve diet	<ol style="list-style-type: none">1. Limit takeaways to 1 per week2. Eat at least 5 fruit and veg per day
			3. Improve wellbeing and decrease stress	<ol style="list-style-type: none">1. Turn off emails and Slack after 5pm2. Meditate twice per week