

# Your personal Plan of Action

Name: \_\_\_\_\_

Date: \_\_\_\_\_

The change I want to make happen is: \_\_\_\_\_

\_\_\_\_\_

My goal for the next month is: \_\_\_\_\_

\_\_\_\_\_

## Action Plan

The specific steps I will take to achieve my goal are: (include what, when, how, where, and how often)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

The things that could make it difficult to achieve my goal include: \_\_\_\_\_

\_\_\_\_\_

My plan for overcoming these challenges includes: \_\_\_\_\_

\_\_\_\_\_

Support and resources, I will need to achieve my goal include: \_\_\_\_\_

\_\_\_\_\_

My confidence that I can achieve my goal is: (scale of zero to 10, with zero being not confident at all and 10 being extremely confident) \_\_\_\_\_

Review date: \_\_\_\_\_

With: \_\_\_\_\_