

# Action Plan

1. **Goals:** *Something you WANT to do:*

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2. **Describe**

**How:** \_\_\_\_\_

**Where:** \_\_\_\_\_

**What:** \_\_\_\_\_ **Frequency:** \_\_\_\_\_

**When:** \_\_\_\_\_

3. **Barriers:** \_\_\_\_\_

4. **Plans to overcome barriers:** \_\_\_\_\_

5. **Conviction** \_\_\_\_ **& Confidence** \_\_\_\_ **ratings**  
(0 - 10)

6. **Follow-Up:** \_\_\_\_\_