



My Action Plan

My goal:

My confidence level in achieving this goal is: (circle one)

0	1	2	3	4	5	6	7	8	9	10	
Not at All											Totally
Confident											Confident

Think about the smaller, realistic action steps you can take to make your goal a reality. Be as specific as possible. Write down the specific actions you will do this week and in the coming weeks and when you plan to complete them.

To accomplish this goal, I will _____

What help, support or resources will you need to be successful? _____

How confident are you that you can accomplish your action plan as written?

0	1	2	3	4	5	6	7	8	9	10	
Not at All											Totally
Confident											Confident