

# MY ACTION PLAN

1. Goal: **Something YOU want to do:**

\_\_\_\_\_

2. Describe:

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

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

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

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

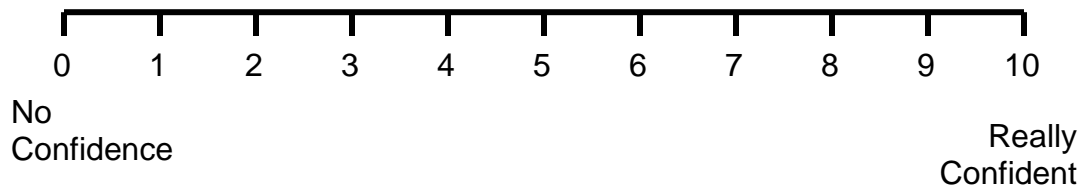
**How:** \_\_\_\_\_

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

4. Plan to overcome barriers:

\_\_\_\_\_

5. Confidence level: \_\_\_\_\_



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