

# My Action Plan

1. **Goal:** *Something I want to do:* \_\_\_\_\_

\_\_\_\_\_

2. **Describe How:** \_\_\_\_\_

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

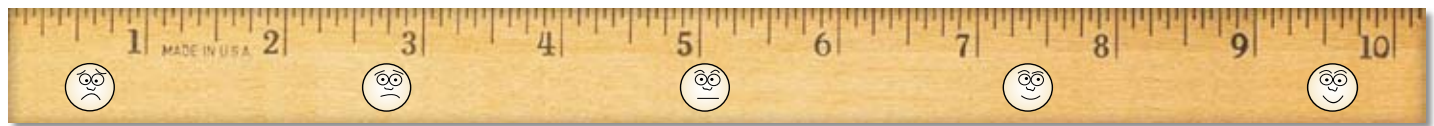
**What:** \_\_\_\_\_

**When/How Often:** \_\_\_\_\_

3. **Barrier(s):** \_\_\_\_\_

**Plan to overcome barrier(s):** \_\_\_\_\_

4. Am I **convinced** that I can do this? Indicate on the ruler:



Totally  
Unconvinced

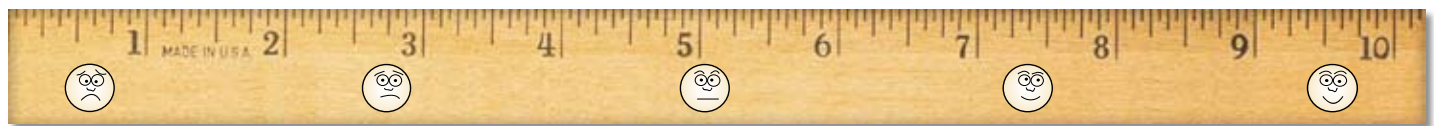
Unsure

Somewhat  
Convinced

Very  
Convinced

Extremely  
Convinced

5. Am I **confident** that I can do this? Indicate on the ruler:



Totally  
Unconfident

A Little  
Confident

Somewhat  
Confident

Very  
Confident

Extremely  
Confident

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

