

My Weekly Action Plan

Ask yourself: What do I want to do? What will I realistically be able to do this week?

My plan will include:

What I am going to do How Much I am going to do it

When I am going to do it How Often I am going to do it

Where I am going to do it

This week I will _____ (what)
 _____ (when)
 _____ (where)
 _____ (how much)
 _____ (how often)

My confidence rating that I can do this plan is:

1 2 3 4 5 6 7 8 9 10
 not confident at all totally confident

Remember:

- If your rating is 7 or higher, great! You believe you can do this!
- If your rating is less than 7, then you may want to learn more about the area you wish to target, or do more to prepare yourself to work on that area. Taking smaller steps towards your goals may also help you feel more confident and ready to achieve your action plans. For example, you may adjust the different parts of your action plan such as “how much” or “how often”.