

My goal and action plan

My goal: One thing I am going to work on:

Why do I want to do this?

How will this help?

What could I do to achieve this: Make a list, *choose one thing you could do.*

What will I do:

How much or how often will I do this:

When will I do this:

Who can help me:

How confident am I that I can do this: ☹️ 1 2 3 4 5 6 7 8 9 10 😊

Other things I will do to help and ask my healthcare team about:

Things I am not ready to do yet: