

EXERCISE: Making an Action Plan

Identify a problem in your life that you would like to change, and write your goal on the top line on Worksheet 10.2. Complete the Action Plan, making it as specific as possible. Set a time to begin, identify problems that could interfere with completing your plan, develop strategies for coping with the problems if they should arise, and keep written track of the progress you make. Complete additional Action Plans for other problem areas of your life that you would like to change.

WORKSHEET 10.2. Action Plan

Goal: _____

Actions to take	Time to begin	Possible problems	Strategies to overcome problems	Progress