

## My Weekly Action Plan

Ask yourself:		What	do I wa	ant to	do?	Wha	t will I i	able to do this week?			
My plan will i	<u>nclud</u>	<u>e:</u>									
What I am going to do					How	How Much I am going to do it					
When I am going to do it					How	How Often I am going to do it					
Where I am go	oing to	do it									
This week I wi	II									_(what) _(when) _(where) _(how much) _(how often)	
My confidence	e rati	ng tha	at I car	do th	nis pla	n is:					
1 2	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".