



MY TURN – My action plan

Setting and achieving goals can be difficult. To assist with this, your team will help you create your action plan.

My action plan	
Goal – Something I WANT to do:	
Break it down into smaller, manageable steps:	
1.	
2.	
3.	
What is the first step towards this goal that I will do this week ?	
WHAT:	
WHEN:	
HOW MUCH:	
HOW OFTEN:	
What are my barriers and obstacles ?	

My action plan

Plan to overcome barriers and obstacles:

1.

2.

3.

Confidence rating of PLAN on a scale of 0-10:

1

2

3

4

5

6

7

8

9

10

How will I follow up the **plan**?

If the plan is unsuccessful, **what** can I do to **problem solve**?

1.

2.

3.