



ACTION PLAN

Name:

Problem:

- Complete with an accountability partner
- Write down your answers in exact words
- Set realistic and comprehensive goals
- Check-in daily or weekly for progress
- Keep your commitments to yourself

List the action steps you need to take to achieve your goals.

Goal #1

Goal Obtained Date:

Goal #2

Goal Obtained Date:

Goal #3

Goal Obtained Date:

**BE KIND TO YOURSELF!
YOU CAN DO THIS!**

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