

EXAMPLE OF A PERSONALIZED ACTION PLAN

We are breaking down your big goal into small, simple & specified actions you can start with right away

GOAL

What outcome you want to achieve?

BEHAVIOR

What behaviors you want to practice consistently to achieve that outcome?

SKILLS

What capabilities will move you towards the goal?

PRACTICES

What behaviors you need to repeat to build the skills?

ACTIONS

What small specific tasks you can do realistically, every day to build the practice?

