

Action Plan

Name: _____

Course Date: _____



<p>What are you going to do differently as a result of this program?</p> <p>What specifically will you implement from the program and by when?</p>	<p>Why is it important to you?</p> <p>What does it mean to you personally? Why is that important to you?</p>	<p>Measures / Success indicators</p> <p>How will you know you have been successful? Describe by seeing, feeling & hearing success.</p>	<p>Calibrate what is your current status?</p> <p>Where are you now with this action on a scale of 1 (low) to 10 (high)?</p>	<p>Next steps</p> <p>What actions can you take within the next 48 hours? What are the future steps?</p>