

## ACTION PLAN

**My GOAL is...**

**WHAT** am I going to do?

**WHERE** am I going to do it?

**WHEN** and for how long am I going to do it?

**WITH** whom am I going to do it?

**CONFIDENCE RATING:** On a scale of 1 to 10 rate confidence in reaching the goal

Low Confidence 1-----2-----3-----4-----5-----6-----7-----8-----9-----10 High Confidence

**Confidence < 7 :** Complete *Barriers and Facilitators Tool*  
Repeat Confidence Rating

**Confidence > 7:** Continue with Action Plan

**SELF-MONITORING STRATEGIES:** How will I know how I am doing?

What will I record in my journal?

When will I record it?

Where will I keep my diary?

**REWARDS:** I will reward myself:      Yes                  No

I will reward myself for:

What will be my reward?

**TARGET DATE**

I will complete this goal...

**CONTRACT**

I will do the behavior and bring my journal to the next meeting

Signature:

Date:

Date of Next Meeting:

Time:

Location: