My Weekly Action Plan

Ask yourself:	do?	What will I realistically be able to do this week?						
My plan will includ	le:							
What I am going to do How Much I am going to do it							do it	
When I am going to do it How Often I am going to do it							do it	
Where I am going to do it								
This week I will								_ (what)
								_ (when)
								_ (where)
								_ (how much)
								_ (how often)
My confidence rating that I can do this plan is:								
1 2	3 4	5	6	7	8	9	10	
not confident at all totally confident							lent	
Remember:								
 If your rating is 7 or higher, great! You believe you can do this! If your rating is less than 7, then you may want to learn more about the area you wish to 								

If your rating is less than 7, then you may want to learn more about the area you wish to target, or do more to prepare yourself to work on that area. Taking smaller steps towards your goals may also help you feel more confident and ready to achieve your action plans. For example, you may adjust the different parts of your action plan such as "how much" or "how often".