

Committed Action Plan



Value (What I care about):

S.O.A.R.

Connect to your Senses

Open to Possibilities

Arrange the Environment

Reinforce

What do you want? (Goal)

What action will get you there?

What gets in the way?

What strategy will get you unstuck?

Level of Commitment to your Goal 0 to 5

5 = Totally Committed, Going to Start Today! 1 = I'll get around to it, eventually 0 = Not going to do it

If less than 4, what would have to happen to get to a 4 or 5? Is that a goal?