### Committed Action Plan

**Value (What I care about):**

S.O.A.R.

<table>
<thead>
<tr>
<th>Connect to your Senses</th>
<th>Open to Possibilities</th>
<th>Arrange the Environment</th>
<th>Reinforce</th>
</tr>
</thead>
</table>

**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?