**Committed Action Plan**

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

**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?