

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?