

ACTION STEP PLANNING

- ▶ **I will take the following step:** _____
- ▶ **I will do this action step by:** _____
- ▶ **Who will help me to do this action step?** _____
- ▶ **What mini-steps will I take to do this action step?**

Mini-Step:	What Mini-Step Will I take to do this Action Step?	When Will I take the Mini-Step?	Where will I take the Mini-Step?
1.			
2.			
3.			

- ▶ **How will I remind myself to do this action step?** _____
- ▶ **Why do I want to do this?** _____
- ▶ **If I succeed, my reward will be:** _____

I ACHIEVED MY GOAL!

- **I will reward myself with:** _____
- **I succeeded because:**
 - **I committed myself to doing my action step**
 - **I reminded myself to do the action step**
 - **I focused on taking mini-steps**
 - **I had help from:** _____

I did not achieve my goal because: _____

But that is no reason to give up!

I can:

- **Make a new action step**
- **Problem-solve with someone who can help me**
- **Give myself a mini-reward for what I did achieve**
- **Remind myself of the reasons why I want to take this action step**