

Action Plan

What steps do you need to take to get you to your goal?

| Action Items | Expected Completion Date | Actual Completion Date |
|--------------|--------------------------|------------------------|
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |

Potential Obstacles and Solutions

| Potential Obstacles | Potential Solutions |
|---------------------|---------------------|
| | |
| | |
| | |
| | |

Goal Achievement Supports

| Internal Resources (i.e. determination, sense of humor, patience) | External Resources (i.e. support system, providers, dancing, support group) | Strengths | Past Successes |
|--|---|-----------|----------------|
| | | | |
| | | | |
| | | | |
| | | | |