

## 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