

UNIT 6

Build Your Action Plan

1. **Identify your goal.** What do you want to achieve? Write your goal in the space below.

2. **Identify your strategy.** How do you plan to achieve your goal? Write your strategy in the space below.

3. **Identify your action steps.** What are the specific steps you will take to achieve your goal? Write your action steps in the space below.



TOOL 1

G **B** **B** (A)

ACE (A)

C **E**



S **B** **B**



TOOL 2

E **S** **M**



During these times, it can be helpful to take a step back to let your body and mind “reboot.”



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2. **Identify your strategy.** How do you plan to achieve your goal? Write your strategy in the space below.

SIGHT

A. , , , , , , , , , , ,

• 5

