

Developing New Habits:

MY ACTION PLAN

This worksheet facilitates a clear statement of your goals and allows you to create a plan of action towards achieving them. Whether this is for a new habit you'd like to create or an old habit that you'd like to eliminate, this template will walk you through the steps you should take and the factors you should consider in order to reach your goal.

Use When:

- ✓ You're feeling stuck and stagnant in your role
- ✓ You know what you want to achieve but aren't sure where to begin to work toward achieving it
- ✓ Your current plan of action isn't giving you enough support
- ✓ You aim to strategize a plan and gain the structure that will help you succeed
- ✓ You want to set up a system of accountability in order to maintain consistency in developing new habits/eliminating old habits



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1. The old habit(s) I want to change or eliminate:

2. The new habit(s) I want to develop:

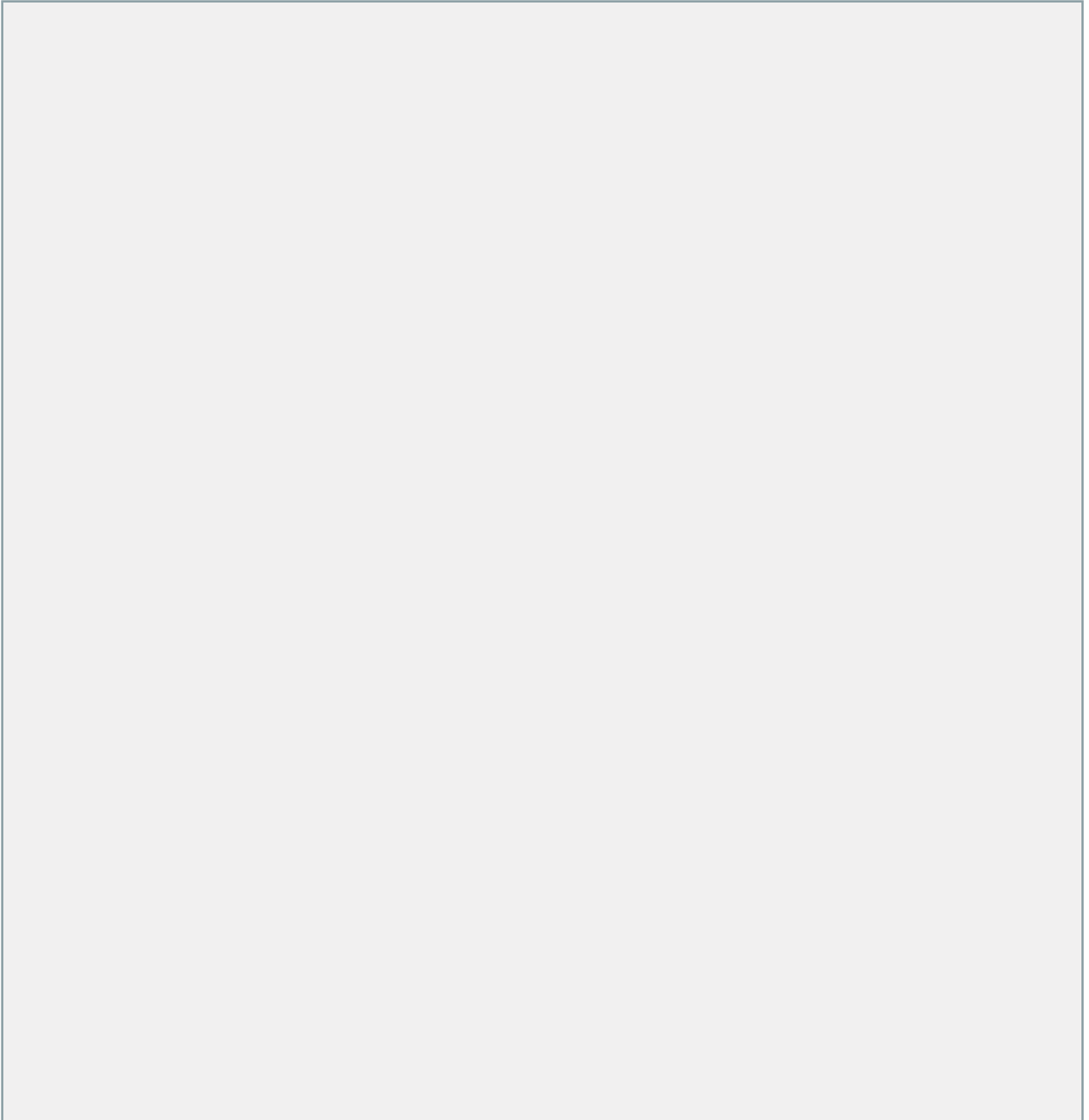
3. The steps I will take to be sure "I begin strong":

4. Consistency and persistence are the only ways to develop new habits. To keep myself from backsliding or straying from my new habit, I will:

5. People who will support and hold me accountable as I develop new habits:

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Notes:

A large, empty rectangular box with a thin black border, intended for writing notes. It occupies the majority of the page below the title.