

ACTIVITY 5B: YOUR ACTION PLAN

- Everyone's plan will be different.
- You don't have to fill in all the boxes – this is just a guide to get you thinking.
- Try to identify specific actions which are within your power to achieve and you genuinely think you are likely to do.
- It might be useful to think, not only about new things you will do, but also about things you might continue or stop doing.
- Make sure every action supports the change you want to achieve.

	Talk to someone about	Learn more about	Put into practice	Resources needed for these actions (e.g. time, money, expertise)
This week				
This month				
This quarter				
This year				