

Action Plan Template

Setting up for success

Goal <i>(What's your goal?)</i>	Why <i>(Why is this goal important to you?)</i>

Milestones <i>(Break down your goal into smaller steps)</i>				

Action Steps <i>(Focusing on your first Milestone; What actions are you going to take?)</i>	Date <i>by when?</i>

<p style="text-align: center;">Support</p> <p style="text-align: center;"><i>(What support do you need? Ie; chatgpt)</i></p>	<p style="text-align: center;">Support (People)</p> <p style="text-align: center;"><i>(What support do you need? People who can help you in any way)</i></p>

<p style="text-align: center;">Barriers</p> <p style="text-align: center;"><i>(What could stop you from doing what you say you're going to do?)</i></p>	<p style="text-align: center;">Solutions to Barriers</p> <p style="text-align: center;"><i>(How could you prevent those from happening?)</i></p>

Accountability

(How are you going to keep yourself accountable? Think about finding an Accountability Partner.)

Celebrating your achievements

(How are you going to celebrate when you achieve your actions and milestones?)

**For more
information
and guidance
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