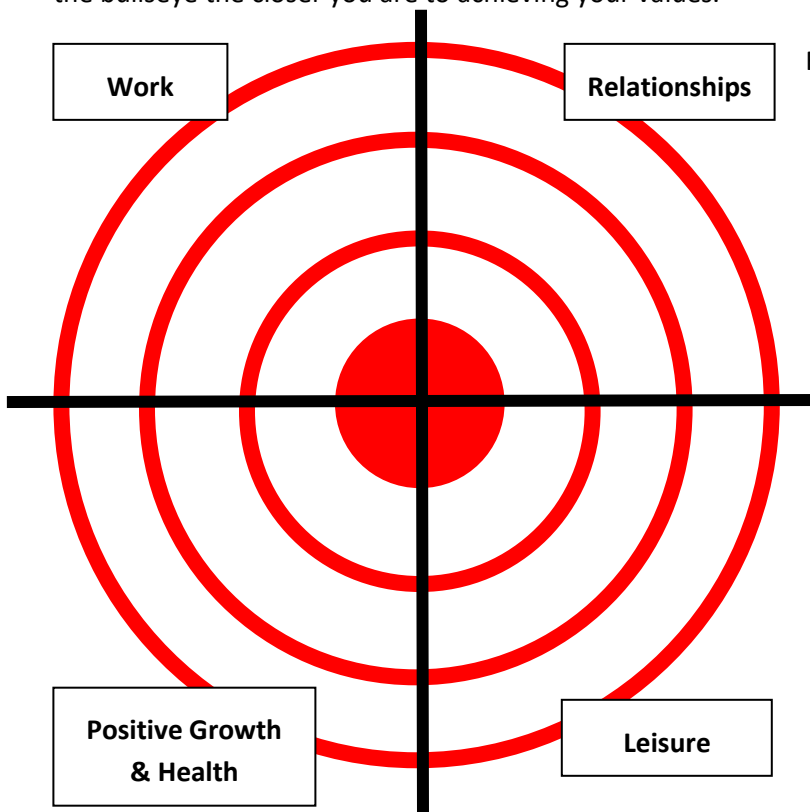


# CREATING AN ACTION PLAN

The first step in creating an action plan is to think about how you wish to behave, how you want to treat yourself, how you hope others will see you, what sort of person you'd like to be, and what strengths and/or qualities you wish to develop. In other words, we want to begin to think about our **values**.

Place an X in each area of the dart board to indicate how close you are to the person you wish to be. The closer to the bullseye the closer you are to achieving your values.



Four main values that often drive our lives include:

**Work** (i.e., workplace, career, education, volunteering, study, skills development).

**Relationships** (i.e., your partner, children, parents, friends, relatives, co-workers, and other social contacts).

**Positive Growth/Health** (i.e., religion, spirituality, creativity, life skills, meditation, yoga, nature, exercise, nutrition, and/or addressing health risk factors like smoking, alcohol, drugs, or overeating).

**Leisure** (i.e., how you play, relax, have fun or enjoy yourself, activities for rest, fun, and creativity).

| What actions will you take? | What could get in the way of this action? | What skills and/or supports do you need to help with this? |
|-----------------------------|---|--|
| 1.                          |   |  |
| 2.                          |   |  |
| 3.                          |   |  |