



## My Weekly Action Plan

Answer the questions: What? (eg. Practice deep breathing)

How much? (eg. 10 minutes)

When? (eg. After dinner)

How often? (eg. 3 x per week; try to avoid “every day”)

What	How much	When	How often
I will practice deep breathing	For 10 minutes	After dinner	3x/week

### Readiness Ruler

How important is this?

0 1 2 3 4 5 6 7 8 9 10  
Not important Very important

How confident are you that you will complete the action plan this week?

0 1 2 3 4 5 6 7 8 9 10  
Not confident Very confident

A good action plan is within your ability to achieve. If you are not feeling ready, consider revising the action plan. Celebrate your small successes!