

Module 5: Values & Committed Action

My Action Plan

Set a SMART goal (Specific, Meaningful, Action-oriented, Realistic, Time-specific): *Ex, Between now and the next appointment, I will call one friend and ask if they are available to meet for lunch next week.*

This goal is meaningful to me because I value: _____

These are the uncomfortable or painful thoughts and feelings I'm willing to make room for in order to reach my goal: _____

If these uncomfortable or painful thoughts and feelings show up, these are some skills I can use to deal with them effectively: _____

I am willing to take the first small step toward this goal on this day and at this time: _____