

Plan the Plan Strategy Sheet



Write what you want as a commitment stated in the positive.
E.g. "I won't smoke anymore" versus "I commit to living a smoke-free life."

I want _____



It fits into my vision personally and professionally because _____

What "baby-steps" do I need to take to create my success

How will I measure the plan's success? Use sensory specific language.
What will I see, hear and feel as I achieve each step?

Is there room to adapt the plan, if necessary? _____

Take action. Now.