A.C.T. Now
Planning Form

Name:_____ Date: _____

I. Assess the Situation:

Strengths:

_____
_____
_____

Perceived limitations:

_____
_____
_____

Resources needed:

_____
_____
_____

II. Commit to a Game Plan:

Design a S.M.A.R.T. Goal:

Specific
Measurable
Attainable
Realistic
Time specific

_____
_____
_____
_____
_____
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_____
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_____

Write your goal stated in the "positive", saying what you want, and not what you don't want. Describe what you will be seeing, hearing and feeling as you are accomplishing this goal. Visualize your goal, seeing the picture big, bright, close, and clear with comforting sounds and feelings. Do this daily, while thinking of the value it has.

III. Take Action:

What changes need to be made to meet your goal?
What challenges are you faced with?
How and when will you meet these challenges?
What is stopping you now?
What would be a demonstration your accomplishment?

Action steps to be taken and when:

_____ _____
_____ _____
_____ _____
_____ _____
_____ _____
_____ _____