THE NEVV SCHOOL



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## **ACTION PLANNING:**

How to accomplish your goals

## Parts of an Action Plan:

- 1. **Something you want to do**. (Not what someone else thinks you should do, or that you think you should do.)
- 2. **Reasonable** (Something you can expect to accomplish in the next week.)
- 3. **Behavior-specific** (For example, losing weight is not a behavior, but choosing healthy snacks is a behavior)
- 4. Answer the questions:

What? (E.g. walking or choosing healthy snacks) How much? (E.g. walking four blocks) When? (E.g. after dinner Monday, Wednesday, and Friday) How often? (E.g. Four times; try to avoid "every day")

5. **Confidence level of 7 or more** (0 = I have no confidence, 10 = I have total confidence that I will complete the ENTIRE action plan)

Why am I at this level of confidence? What might make it easy? What might make it difficult, and what can I do to make it easier?

My Action Plan
What:
How Much:
What time of day:
What days of the week:
Confidence level:

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