



# DON'T JUST SIT THERE ... MAKE A PLAN!

## 1 WHAT AM I GOING TO DO?

## 4 WHAT PROBLEMS/DIFFICULTIES COULD ARISE, AND HOW CAN I OVERCOME THIS?

What could get in the way? Write your possible blocks here:

Do you need to re-write your plan to deal with these possible blocks?

## 2 WHEN AM I GOING TO DO IT?

## 5 YOUR FINAL PLAN

Having reflected on your plan now take the opportunity to make any changes needed.

Modify sections 1 and 2 if you need to, then set a reminder to help you keep on track.

Good Luck!

## 3 IS MY PLANNED TASK:

Yes No

Useful for helping me move forward?

 

Clear, so that I will know when I have done it?

 

Realistic, practical and achievable?

 

Remember your plan needs to be something that you value or need to do.

## YOUR BACKUP PLAN

Think of another backup solution you could turn to if, for whatever reason, there are problems with your plan.



### KEYPOINT

If you feel worse you can still choose to do the planned activity anyway—because it's important.