

My Plan

Write it here: _____

Take some little steps

Now think about the little steps you can make towards doing it again. Make them really small and not scary. Don't be ambitious, be easy on yourself. And don't worry if you have to keep crossing things out, there's plenty of space. **Make sure your plan fits with your values/ideals of how you want to live your life.**

1. I'm going to _____
2. Then I'm going to _____
3. Next I'm going to _____
4. Then I'm going to _____
5. _____
6. _____
7. _____
8. _____

Check your Plan

Is it realistic?

You're not planning to run a marathon are you?

Are you aiming at just one thing?

Don't try and do more than one item on your list. You can always pick another when you have sorted the first one

Is it slow?

There's no need to rush at things. Your plan can take as long as you like, so long as you stick to it, step by step.

Is it easy?

Make your steps small and easy and you'll be more likely to do them.

Are you unready to unblock it?

Have you thought about what could go wrong and how to deal with it?