

ACT NOW ACTION PLAN REVIEW

Incorporating
Coping Plan



Review date:

Were you able to stick with the plan?

If YES, congratulations! You should be rewarding yourself and celebrating your success.

If NO, don't fret, that usually means the PLAN (not you) has failed. Let's discuss what happened and see if we need to:

1. Change the plan.
2. Set some 'if then' rules (a Coping Plan)

ACTION PLAN CHANGES

Who

What

When

Where

With whom

For how long

**How confident do you feel
about meeting this new target?**

0 1 2 3 4 5 6 7 8 9 10

Review date and time

This 'backup' plan enables a quick response if things get off course.

Let's be specific about what you will do IF certain obstacles occur:

IF (... happens)

Then (I will...)

COPING PLAN