The Willingness and Action Plan

My goal is to (be specific):

The values underlying my goal are:

The actions I will take to achieve that goal are (be specific):

The thoughts/memories, feelings, sensations, urges I’m willing to make room for (in order to achieve this goal):

• Thoughts/memories:

• Feelings:

• Sensations:

• Urges:

• It would be useful to remind myself that:

• If necessary, I can break this goal down into smaller steps, such as:

• The smallest, easiest step I can begin with is:

• The time, day and date that I will take that first step, is: