

My Action Plan

Name:	Accountability Person:
Today's Date:	Next Scheduled Discussion:

Problem or Challenge

- Something I fear is:
- The impact of this fear / risk is:
- When I address this fear/risk, I will be able to:

SMART Goal (Specific, Measurable, Achievable, Realistic, Timebound):

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Specific Steps:

I will take the following steps	By When	Potential Barriers	Resources / Support

Resources to Support my Goal

Knowledge	Skills	People	Other

Baylor College of Medicine - Self-Help Module

<https://www.bcm.edu/research/faculty-labs/luna-learning-to-understand-and-navigate-anxiety/teen-caregiver-modules/module-4-your-plan-of-action/steps-for-making-a-plan-of-action>

School of Living Lighter - Turning Fear into Fascination

https://www.schooloflivinglighter.com/blog/become-a-happier-healthier-you-by-turning-fear-into-fascination?gad_source=1&gclid=CjwKCAiA8Lu9BhA8EiwAag16bxPyrE0ahSJcB_N0_ttmx-b83NbwdIEil1QnqeHu9H_oohAIEMwWnBoC4h8QAvD_BwE

National Health Service:

<https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/self-help-cbt-techniques/facing-your-fears/>