

PREPARATION PHASE
Action-Able Exercise P16:
Set the stage for action

Collect your thoughts about what you've learned so far and prepare a customized action plan for your resolution. Engage your Manager to identify the key details.

Gather your staging notes:

What is my goal action? _____

Where will my new action take place? _____

What items or words do I need to have readily available? _____

What temptations need to be removed? _____

When will my new action happen? _____

Declare your action plan by completing the following sentence:

I will prepare my environment by providing these items, _____
_____,
and removing these items, _____
_____.

I will prepare myself by having these words ready _____

I will do my new action in this location _____

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I will use these Signs to remind me of my new action: _____

Based on the action plan you laid out above, come up with multiple two-minute micro-actions you can take to set yourself up for success, such as setting a regular reminder in your phone, throwing away cigarettes or packing a lunch to take to work.

Make a list of micro-actions for your customized action plan.
