

SUSTAINED ACTION PHASE

Action-Able Exercise SA6:

Your When-Then Action Plan

Fill in the When (obstacle) / Then (plan) chart below. Based on what you've learned from reading and doing the other Action-Able Exercises, write out the obstacles you've discovered as well as your plans to overcome them. Also write down obstacles you're struggling with even if you aren't clear yet about how to overcome them.

Appendix B uses the When-Then Action Planning format to give you a complete summary of the solutions you've learned in this book. It also specifies the Action-Able Exercises for handling each obstacle. Check out Appendix B to create plans for obstacles you're having a hard time with.

Customize your When-Then Action Plan for your unique circumstances and personal tendencies.

WHEN	THEN

PREPARATION STAGE
Action-Able Exercise SA6:
Your When-Then Action Plan

Add to your When-Then Action Plan as you learn more about what empowers you to succeed.

WHEN	THEN