

The Willingness and Action Plan

My goal is to (be specific):

Aiming to establish ideal routine:- Get out

Go for a walk around the neighbourhood after drop

The values underlying my goal are:

Going for a walk/moving my body is aligned with my value of fitness ar

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

I will wear exercise clothes to drop off, then after drop off I will come home, but won't step inside after drop off.

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

- Thoughts/memories:

Why thoughts?What ifs?Wha

- Feelings:

TiredDemc

- Sensations:

- Urges:

Numb outCrawl into be

- It would be useful to remind myself that:

You need to wake up for Mitchell and Keren. They depend on you.Any step forward is better than r

- 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: