

ACTION SHEET #7

Taking Action

I am in the process of becoming - new identity (from Action Sheet #5)

Becoming this person is important to me because _____

My Accountability Person (AP) for this goal is _____

- I picked this person because _____
-

One action step I am willing to take today

(Today's date: _____)

(v when completed)

I shared my planned action item with my AP

I debriefed with my AP after I completed
my action item

My next action item is _____

Next action item will be completed by _____

I discussed my next action item with my AP

I debriefed with my AP after I completed
my action item

ACTION SHEET #7
Taking Action
(Example)

I am in the process of becoming - new identity (from Action Sheet #5)

A healthy person

Becoming this person is important to me because

To feel good, to look good, to be able to do the things I want physically, to avoid chronic illness...

My Accountability Person (AP) for this goal is: My sister because she is supportive and is also working to get healthy. She will be honest with me.

One action step I am willing to take today (Today's date: May 8)

Visit the gym closest to me for a tour

I shared my planned action item with my AP



I debriefed with my AP after I completed my action item



My next action item is: Use the free 5-day gym pass and try the treadmill and elliptical for a few minutes (go for at least two days).

Next action item will be completed by May 16

I discussed my next action item with my AP



I debriefed with my AP after I completed my action item

