

# Willingness & Action Plan

**MY GOAL IS TO ...**  
(BE SPECIFIC ABOUT YOUR GOAL!)

goal statement



**THE VALUES UNDERLYING MY GOAL ARE:**

value 1

value 2

value 3

**THE ACTIONS I WILL TAKE TO ACHIEVE THIS GOAL ARE:**

action 1

action 2

action 3



benefits of completing goal

benefits of deferring goal

costs of completing goal

costs of deferring goal

I WILL LIKELY ENCOUNTER SOME UNCOMFORTABLE THOUGHTS, MEMORIES, FEELINGS, SENSATIONS, AND URGES IN PURSUIT OF MY GOAL.

**IN ORDER TO ACHIEVE MY GOAL, I AM WILLING TO MAKE ROOM FOR...**

thoughts/memories

feelings

sensations

urges

**IF (OR WHEN) I ENCOUNTER SOME OF THESE UNCOMFORTABLE EXPERIENCES, IT WOULD BE USEFUL TO TELL MYSELF...**

words of encouragement

kind self-talk

**IF NECESSARY, I CAN BREAK THIS GOAL DOWN INTO SMALLER STEPS. THE SMALLEST, EASIEST STEP I CAN START WITH IS:**

tiniest first step

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**THE DATE & TIME WHEN I WILL TAKE MY FIRST STEP WILL BE:**

date

time