



Embrace
SOBERHOUSE

Action Plan

Your goal (needs to be specific and within your own control):

The most important reasons why I want to make this change are:

The inspiring values that are associated with this change are:

To accomplish my goal(s) I will do the following specific action(s):

Specific Actions:

When:

The smallest and easiest step I can take is:

Action Plan

Other people can help me in the following ways:

Who::

Help:

These are the obstacles I may encounter:

I can prevent obstacle x by:

If obstacle x does occur, I will do the following:

I can see from these results that my plan/goal has succeeded:

And this is how I'm going to celebrate: