Personal Action Plan

One of the best ways to move forward in your life is to have a specific plan. Planning your life and living your plan helps create the life you want. Use the table below to focus on what is important in your life. One example is given.

Areas	Reasons/value	Actions	Support/tools	Comments
Keep in touch with family and friends.	I value close connection, support and sharing of happiness and sadness.	1. Call my father weekly to talk about what I'm doing. 2. Call friends abroad to celebrate milestones.	1. Reminders in Outlook. 2. Birthdates in Outlook.	Feel the role that my mother played in keeping connected with people. Think of how she would have done it.