# Action Planning Worksheet

## Goal Setting

### Goal 1:

### Day/Time to Begin:

### Potential Barriers:

### Plan to Deal with Barriers:

### Rewards & Celebrations of Success:

### Goal 2:

### Day/Time to Begin:

### Potential Barriers:

### Plan to Deal with Barriers:

### Rewards & Celebrations of Success:

## Practice Session Log

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| --- | --- | --- |
| **Date** | **Goal/What Practiced** | **Notes** |
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## Goal Review

### What went well with my goal this week:

### What I would like to modify/improve on with my goal:

### Self-rating (%, grade or out of 10):