



# Personal Action Plan

Your action plan will assist you in creating a behavior change. What skills would you like to focus on? What changes would you like to make? In the spirit of continuous improvement, please share your response to the following two items with the class:

1. What did you learn about yourself in the three days of Our Community Listens?
  
  
  
  
  
  
  
  
  
  
2. What do you commit to doing differently tomorrow?

Related to question number two, please complete this action plan for change. You do not have to share this with the class.

| <b>STEP 1: FOCUS AREA</b><br>Skill, Relationship, or Environment                    | <b>STEP 2: CONCRETE GOAL</b><br>Desired Outcome or Improvement                       | <b>STEP 3: ACTION STEPS</b><br>Specific tactics to implement                          |
|---|--|---|
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