

SELF ESTEEM/CONFIDENCE ACTION PLAN...

NAME:

DATE:

My Personal Self-Esteem Goal:

1. Why did you choose this goal?

2. What steps will you need to take in order to achieve this goal?

a.

b.

c.

d.

3. What resources (people, things) will you need?

4. What are some roadblocks that might make it difficult for you to reach this goal?

a.

b.

c.

d.

5. How will you feel about yourself if you do not reach this goal?

6. How will you reward yourself or be rewarded when you reach your goal?

*** remember to update and change this plan as you go along...**

*** 1 Plan per goal...**