



TrAction Plan

Name:

Date:

Goal: *(What do you want to accomplish?)*

Strengths: *(List several.)*

Top 1 or 2 Constraints: *(State them and provide brief comments.)*

TrAction Steps: *(Start/Stop List—Measurable, specific commitments. I will...)*

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Accountability: *(Describe a practical process and list names.)*