

## Preparation checklist

Use this resource to think about everything that needs consideration prior to taking action.

### What do I need to consider prior to taking action?

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| <ul style="list-style-type: none"><li><input type="checkbox"/> What I want to change</li><li><input type="checkbox"/> A direction to head towards</li><li><input type="checkbox"/> Goals for the short term</li><li><input type="checkbox"/> Is my direction/goal(s) realistic?</li><li><input type="checkbox"/> Reasons why I want to change</li><li><input type="checkbox"/> Linking reasons to change to hopes and dreams</li><li><input type="checkbox"/> How will I change? (action plan)</li><li><input type="checkbox"/> Is my action plan realistic?</li><li><input type="checkbox"/> Supporters/supports</li><li><input type="checkbox"/> Areas of strength</li><li><input type="checkbox"/> Areas of weakness</li><li><input type="checkbox"/> Existing skills to draw on</li><li><input type="checkbox"/> Skills I need to develop</li><li><input type="checkbox"/> Emergency motivation strategy</li><li><input type="checkbox"/> Motivational maintenance strategy</li></ul> | <ul style="list-style-type: none"><li><input type="checkbox"/> Negative thoughts and feelings strategy</li><li><input type="checkbox"/> Barriers to changing</li><li><input type="checkbox"/> Pre-empting problems strategy</li><li><input type="checkbox"/> Reflection/review strategy</li><li><input type="checkbox"/> Being accountable to others</li><li><input type="checkbox"/> Recording progress (logs)</li><br/><li><b>Other areas to consider...</b></li><li><input type="checkbox"/></li><li><input type="checkbox"/></li><li><input type="checkbox"/></li><li><input type="checkbox"/></li><li><input type="checkbox"/></li><li><input type="checkbox"/></li><li><input type="checkbox"/></li><li><input type="checkbox"/></li></ul> |
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