

# ACTION PLAN FOLLOW UP

Fill in your action plan list from the session in the table below. This is a list of the things you would like to change or things you would like to do or stop doing! Each night, or if you'd prefer each week, tick or cross whether you have been achieving this goal. Once you are getting lots of ticks, cross that goal off your list and think of a new thing that you need to focus on.

Example: Not talk in Maths class	√	√	√	x	√	√	√							

