

Plan of Action

Members present:

Behavior Pattern You Want To Change:

Discussion Items

Part I: Have members summarize the behavior pattern that is interfering in their lives. Jot down any issues that seem to “ring true” to most of your members in the group as causes of the behavior.

Part II: Have each member describe the two biggest obstacles or risks involved in changing the behavior and jot these down.

Over

Part III: As a group, “brainstorm” as many personality strengths that you can use to make your change work.

Part IV: As a group, work on a REALISTIC plan of action from which each individual can benefit. You are building a support group to be used to keep you going with your plan. Think in terms of “baby steps.” You wouldn’t take on a six-foot hurdle before you could jump over a two-foot wall!