

# Personal commitment action plan

## Personal Commitment Action Plan

Use the boxes below to commit to three objectives using the coaching questions to assist you.

|  |          |                 |          |                 |          |  |
|--|----------|-----------------|----------|-----------------|----------|--|
| <p><b>1</b></p> <ul style="list-style-type: none"><li>• What specifically do you want to achieve?</li><li>• Why do you want to do it now?</li><li>• What immediate steps can you identify?</li></ul> | <p>▶</p> | <p><b>2</b></p> | <p>▶</p> | <p><b>3</b></p> | <p>▶</p> |  |
| <ul style="list-style-type: none"><li>• How is this impacting on you?</li><li>• Who is affected by this other than you?</li><li>• What actions have you taken so far?</li></ul>                      | <p>▶</p> |                 | <p>▶</p> |                 | <p>▶</p> |  |
| <ul style="list-style-type: none"><li>• What are the different ways you could approach this?</li><li>• What could stop you?</li><li>• How will you overcome any obstacles?</li></ul>                 | <p>▶</p> |                 | <p>▶</p> |                 | <p>▶</p> |  |
| <ul style="list-style-type: none"><li>• What measurements for success will you use?</li><li>• Who needs to know your plans?</li><li>• What will you do to obtain support?</li></ul>                  | <p>▶</p> |                 | <p>▶</p> |                 | <p>▶</p> |  |