

**For Now**

**What** will you do?

**When** will you do it?

**Where** will you do it?

**Who** will be involved?

**How** will you do it?

**Why** do *this*?

# **For Later**

(These can help)

## **Small steps**

Focus on progress

## **Accountability Buddy**

Check-in with them regularly

## **Try an Action Trigger**

Have an “If This, Then That”  
plan for setbacks