**Make a Positive Action Plan**

**Describe** your problem in detail. Be specific:

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| Find the action chain.  **Links** | Brainstorm your options.  **Options** |
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**Choose one option.** Is it very likely to work? Can you do it?

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**Make a Positive Action Plan**

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| **I will:** |  |
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| **When:** |  |
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| **Roadblocks that might come up:** | **I will handle them by:** |

**I will** do this to make success more likely:

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How can I **get** **the support** I need?

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