

Willingness, Goals, and Action Plan

When we set valued goals and create plans for a meaningful life, psychological obstacles often prevent us from taking committed action.

These might include:

- Fear of failure
- Fear of uncertainty, or
- Difficulties achieving overly ambitious goals.

Anticipating these obstacles, however, can help us plan how we will deal with them when they arise.

Use this *Willingness, Goals, and Action Plan* to identify a valued life goal, anticipate potential psychological obstacles, and create a practical plan for achieving it.

Willingness, Goals, and Action Plan

What is your goal?

Write your aspiration here, being as specific as possible.

What values underpin your goal?

E.g. Loyalty, love, justice, excellence, learning.

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What actions will you take to accomplish your goal?

Outline the steps you are willing to take, being as specific as possible.

What thoughts or mental processes, emotions, urges, and sensations are you willing to create space for to accomplish your goal?

Thoughts and Mental Processes

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Emotions

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Urges

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Sensations

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When these obstacles arise, what would it be helpful for you to have in mind?

If you need to, what are some easier steps you can divide your goal into?

What is the smallest, most manageable step you can use as a starting point?

When will you take this first step?

Choose a specific day, date, and time that you are ready, willing, and able to commit to.