MAKING A PLAN

by Terrie Towle, LCPC

P- **Put** your goal in writing: _____

_____

L- **List** your resources and support people: _____

_____

_____

A- **Analyze** the possible blocks: _____

_____

_____

N- **Name** the "baby steps" and choose "date of completion" for each:

_____ _____

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