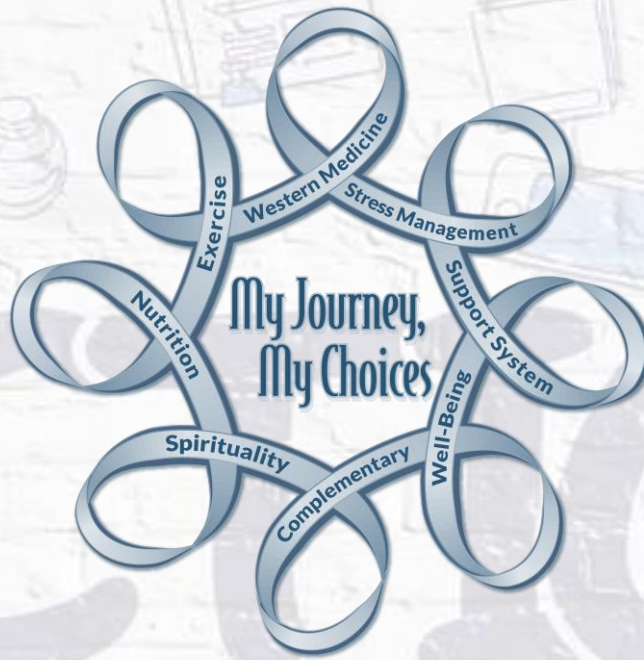


MY JOURNEY, MY CHOICES ACTION PLAN



Step 1: Which aspect of health care does your action plan address?

Example: Complementary Medicine

Step 2: Which one of the goals from this area that you would like to address now (Refer to “My Plan” worksheet).

Example: Try acupuncture

MY JOURNEY MY CHOICES ACTION PLAN

Step 3: Develop an action plan: What small step will you take now to work towards achieving this goal? Make sure your action plan is SMART:

S: Specific – Pick EXACTLY what you will do to meet your goal.

M: Measurable – Pick goals that are measurable: how will you know if you've met your goal?

A: Achievable – Pick an action that will challenge you (so that you find satisfaction in achieving it), but not one that is so challenging that it's unlikely to be achieved.

R: Relevant – Ensure that the specific steps you take will help you achieve your overall goal

T: Timebound – Ensure that your specific goals includes information such as by when? How often? Within what time frame?

Example: By the end of the week, I will contact my insurance company to find out if acupuncture is a covered service and identify three certified acupuncturists in my area.

Step 4: Hold yourself accountable

We are more likely to follow through on our plans when we are held accountable by others. To increase your chances for success, establish a trusted confidant, with whom you can share your weekly action plan. Knowing that you've shared your action plan intentions with a friend, loved one, or care giver will help keep you on track and give you someone to celebrate milestones with.