

Flexible Action Plan

Domain: Important Life Area

Employment, Education, Health, Recreation, Spirituality, Family, Parenting, Intimate Relations, Social/Friendships, Community

Domain

Value: Quality of Action

Freely chosen qualities (ways of behaving) that I want to engage in a given domain (i.e. What I want to *stand for* as a human being)

Value

Value

Action: Workable Behavior

Specific, realistic, and readily accessible actions in the service of my valued direction (i.e. What I can *do* with my current resources)

Action

Action

Action

TUFS (Thoughts, Urges, Feelings, Sensations)

that I'm willing to make room for in my FAP: