

MY ACTION PLAN Handout 1



Summative Assessment Action Plan for Maintaining Who I Am

Name: _____

Date: _____

Due Date: _____

Create a personal action plan to maintain your positive self-concept, contribute to your community, and balance your roles. Below are strategies for maintaining/improving your self-concept. Please place a checkmark on the ones you will use as you go through life.

_____ **Journaling**

I can use a journal to help sort out my feelings, my responsibilities to various roles, to write down personal statements about who I am. I have a journal: ____ Yes ____ No

If I don't have a personal journal, here is my plan to start and continue to use one:

_____ **Positive Self-Talk**

I will continue my awareness of self-talk. I will not put myself down; rather I will raise myself up with positive self-talk. List some positive self-talk statements I can use:

1. _____
2. _____
3. _____

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_____ Exercise

Exercise can relieve stress, allow for time to think positively about myself and help to improve my physical and mental health.

I will exercise 3 times a week. Below are some activities that I will include in my exercise program:

_____ walking _____ jogging _____ swimming
_____ bike riding _____ weight lifting _____ aerobics
_____ dancing _____ martial arts _____ yoga
_____ competitive athletics

Other: _____

Other: _____

_____ Activities/Enjoyment

I will try to put aside some time everyday from my other role responsibilities to take time for myself. This time will be spent doing something I enjoy (hobby, interest, activity)

Below are some activities that I could do:

_____ take a walk _____ listen to music _____ attend church functions
_____ play a sport _____ make crafts/art _____ workout
_____ volunteer _____ mediate _____ write in a journal
_____ video games _____ play an instrument

Other: _____

Other: _____

_____ Assist Your Community

Becoming an active member in the community can help maintain/improve your self-concept as well as help others. Below is my plan for community involvement.

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_____ **Balancing My Roles and Responsibilities**

I am aware of my different roles in family, school, community and work and know how to balance the responsibilities of each. Below are my responsibilities to each area:

Family _____

School _____

Community _____

Work _____

Discuss how these roles and responsibilities might change after you graduate.

