

**Structured Worksheet:  
Skillful Means: Behavior  
Activation to Steer Toward Your  
Values & Promote Life Vitality**

# **Vital Self-Agreement Plan of Action**

**TO BE EFFECTIVELY USED FOR WHICH OF THE 4 POINTS?**

Motivation    Behavior Activation    Problem Solving    Relationship Balance

**EQUIPMENT REQUIRED:**

**1. The behavioral agreement I want to make with myself is (be quite explicit)**

**2. The most important reason why I want to make this self-agreement is:**

**3. The steps I plan to take in upholding this agreement to myself are:**

**Specifically! What I am willing to do . . . →**

**4. The ways other people, programs, meetings . . . courses can help me are:**

**Person :: Resource**

**Possible ways this could help me:**

**5. I will know that my agreement is working if:**

**6. Some *barriers* that I *predict* could interfere with *upholding* my agreement:**

**7. How important is to my growth & wellbeing that I sustain this agreement with myself?**

**1            2            3            4            5            6            7            8            9            10**

**8. How confident are you that you can uphold this self-agreement?**