

MY ACTION PLAN

Please fill out your action plan so you can create a game plan to strengthen your social relationships.

1. MY CURRENT SOCIAL HABITS:

2. ROADBLOCKS THAT KEEP ME FROM BEING MORE SOCIALLY CONNECTED:

3. WAYS I CAN OVERCOME THESE ROADBLOCKS:

4. THREE SOCIAL ACTIVITIES I WOULD ENJOY:

5. MY ACTION PLAN TO DEVELOP BETTER SOCIAL CONNECTEDNESS: