

My ABC Plan

It's great to want to do the Basics™! But sometimes, good intentions are not enough to follow through on our plans.

Research has shown people are more likely to accomplish their goals when they think through the Action, Benefits, and Challenges of any new practice.

Please complete this form as an example of what you can do with all five of the Basics (or any other goal in your life).

Action

- ✓ **Picture yourself doing a Basics action that you don't usually do.**
- ✓ **When and where will you do it next?**

Action:

When:

Where:

Benefits

- ✓ **How will the activity benefit you and your child? How will it make you feel?**

Benefits:

My Feelings:

Challenges

- ✓ **What challenges could get in the way of following through?**
- ✓ **What steps could you take to overcome these challenges?**

Challenges:

Solution Steps:

Pledge to Myself: I, _____, agree to be a part of the Basics Community of parents and caregivers who do the Basics and seek opportunities to share them with others.