

## WORKSHEET 8.2: Action Plan

From *Mind Over Mood* by Dennis Greenberger and Christine A. Padesky. © Copyright 1995 The Guilford Press.  
This worksheet is provided courtesy of [www.MindOverMood.com](http://www.MindOverMood.com) with permission of the publisher and copyright holders. For personal use only

**GOAL:** \_\_\_\_\_

| Action plan | Time to begin | Possible problems | Strategies to overcome problems | Progress |
|-------------|---------------|-------------------|---------------------------------|----------|
|             |               |                   |                                 |          |
|             |               |                   |                                 |          |