

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).

A

ACTION

Picture yourself doing a Basics action that you don't usually do.

When and where will you do it next?

action _____

when _____

where _____

B

BENEFITS

How will the activity benefit you and your child?

How will it make you feel?

benefits _____

my feelings _____

C

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.



BASICS
DeKalb County
basicsdekalbcounty.org