

Committed Action Plan

Values become real only in what you do. This plan turns one value into a step small enough to actually take this week, and prepares you for the discomfort that will show up along the way.

1 The value I'm serving

Choose one. Specific beats inspiring.

VALUE

2 What living it looks like

Picture the version of you already doing it. What is that person doing, exactly?

3 Break it down

From long game to right now. The last row should feel almost too easy.

TIME FRAME	WHAT I'LL DO
This year	
This month	
This week	
Today	

4 Make it concrete

Vague plans are avoidance in disguise.

WHEN & WHERE

WHO COULD KNOW ABOUT IT

5 Anticipate the hooks

What will show up to stop you — and how will you carry it with you instead?

WHAT WILL GET IN THE WAY	HOW I'LL MAKE ROOM FOR IT

6 Weekly tracker

Mark the days you took the step. Missed days are information, not verdicts.

MON	TUE	WED	THU	FRI	SAT	SUN

7 Review

At the end of the week, look back without scoring yourself.

WHAT WORKED	WHAT I'D ADJUST

How much did this week move me toward my value?

1	2	3	4	5	6	7	8	9	10
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Not at all

A great deal

Small steps, repeated in the direction that matters, are what a meaningful life is actually made of.

Take it further

Worksheets are a starting point, not a substitute for therapy. If you'd like support working through this, book your first appointment at estefaniagiltherapy.com.

NOTES
