1A (ii) ACTION PLAN (PART ONE):

1. Why did you select this course? **(Starting point)**

2. This course is about introducing you to the concepts of psychological fear and building a foundation that, once understood and in a position to apply them, will allow you to change your mental patterns in the future. With this in mind, where would you like to get to at the completion of this online course? **(End Point)**

3. Is this end point realistic (if not, what would be realistic?)

4. What is your biggest concern about taking this course?

5. Despite your concern, are you prepared to focus on the course content carefully even if (a) it is not what you expected or (b) you are really excited and energised by what you find. Focus, Patience and Discipline is important. Will you commit to staying focussed and completing it to the very end?

PRINT NAME: _____

SIGNATURE: _____

COMMITMENT START DATE: _____

COMMITMENT END DATE: _____