

STEP 3: Take Your Actions

Put Your Plan Into Action

How will you manage your caregiver stress? Look at the choices you made using the “My Action Sheet” from Step 2. Use those responses to fill in this action plan. You may have more than one goal.

My Goals are:

1. _____
2. _____
3. _____

The steps I will take are:

Due Date:

- | | |
|----------|-------|
| 1. _____ | _____ |
| 2. _____ | _____ |
| 3. _____ | _____ |
| 4. _____ | _____ |
| 5. _____ | _____ |

People I can ask to help me:

Contact information:

- | | |
|----------|-------|
| 1. _____ | _____ |
| 2. _____ | _____ |
| 3. _____ | _____ |
| 4. _____ | _____ |