

6 ACT* Conversations

*Acceptance & Commitment Training

Session 6: **Committed Action**

Resources for Goal-Setting and Action Planning

Time Management

http://aipm.wellnesscheckpoint.com/usnavy/banner_main.asp?S=7&C=ASM

Time management program from the American Institute of Preventative Medicine (includes online worksheets for goal-setting and action planning).

Covey, S. R. & Merrill, A. R. (1994). *First Things First*. New York: Simon & Schuster.

Goal-Setting

<http://www.mftrou.com/support-files/goal-setting-guide.pdf>

Goal-Setting Guide from Management For The Rest Of Us

Action Planning

<http://www.cccplanners.com/downloads.html>.

Download Student worksheets 1 and 2.

See also www.franklincovey.com (commercial site).

Allen, D. (2001). *Getting Things Done: The Art of Stress-Free Productivity*. New York: Penguin Putnam.