



Action Plan

[The body of the page is mostly obscured by heavy horizontal black lines, likely due to scanning artifacts or intentional redaction. Only faint horizontal lines are visible.]

Idea for a Commitment

*Commit to one action that will move your life forward!
It can be anything you feel will help you, or you can try one of the ideas below.
Keeping your commitment is a way of respecting, honoring, and caring for yourself.*

† Option: The best commitment is to make a commitment! Fill out the Action Plan (Handout 4).

EXAMPLE OF AN ACTION PLAN

B	I promise to ... Throw out my marijuana and rolling paper. I am promising
E	this to myself, to my therapist, and to my sponsor.
F	
O	
R	