SESSION 13: Individual Reflection

My IYCF-E Action Plan

|  |  |  |
| --- | --- | --- |
| I am going to… | My target date is… | I will know I have succeeded when… |
|  |  |  |
|  |  |  |
|  |  |  |
| I will discuss this plan with my manager on: | |  |
| I will review progress with my manager on: | |  |

**Action plan implementation aid: what to think about**

1. What is the action you intend to implement?
2. By which targets will you measure progress?
3. What barriers might impede your implementation?
4. How will you avoid or negate these barriers?
5. Time: when do you intend to start implementing the item?
6. Time: by when do you intend to complete the implementation of the item?
7. Resources: what resources (people, equipment, extra skills, funding etc.) will you need to complete the implementation of the item?
8. Benefits: what benefits do you hope will result from your actions (including financial if possible to assess)?
9. Any other comments?