



EMERGENCY RESPONSE PLAN

MY GOAL(S):

MY WHY:

MY PLAN:

Step 1. Ask these 3 questions:

1. What am I afraid of?
2. What am I avoiding?
3. What am I not taking responsibility for?

Step 2. Decide whether or not to recommit.

Step 3: To set myself up for success, I will _____.

MY PEOPLE:

The people I can call when I need support are:

"Accountability breeds response-ability ~ Stephen Covey