



Action Planning

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Learning Outcomes of the Session



- Identify what action planning is
- Reflect on the importance of action planning in order to move forward
- Examine how goals can be changed to make them achievable
- Reflect on how to use action planning in mentoring and coaching

What is action planning?



‘Action planning is a process which will help you to focus your ideas and to decide what steps you need to take to achieve a particular goal’



‘Don’ t worry about the future, start
planning for it!’

Is this true for the Christian?

Action planning involves



- Identifying your objectives
- Setting objectives which are achievable and measurable
- Prioritising tasks
- Identifying steps needed to achieve your goal

What you need to think about...



- Where am I now?
- Where do I want to be?
- How do I get there?
- Taking action
- Where am I now?

Action planning involves decision-making



Five phases:

Foundation stage - what is the history?

Fact stage - What are the facts?

Feedback stage - What are the emotions?

Focus stage - What is the wise choice?

Fruit stage - How can this decision bear fruit and be successful?

The what and when...



- The wrong decision at the wrong time = Disaster
- The wrong decision at the right time = Mistake
- The right decision at the wrong time = non - acceptance
- The right decision at the right time = Success

What does it feel like?



- Comfort Zone
- Stretch Zone
- Panic zone



- Identify an area of your life where you are in your comfort zone
- Identify an area of your life where you are in your stretch zone
- Identify an area of your life where you are in your panic zone



- How can you change your goal, so that you can change where you are?
- What action or actions do you need to take?



How might what we have done in this session be useful to you as a mentor and coach?