

# UPCOMING EVENT PLAN

(NO EXCEPTIONS)

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1 What is the event?

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2 What will be challenging about this event?

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3 What do you want to do at the event? What is your decision ahead of time? Your commitment?

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4 What is your specific plan to carry this out?

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5 When you arrive at the event how will you justify or excuse not following your plan? (Anticipate the obstacles.)

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6 Visualize three scenarios where you may be challenged and what action you want to take.

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7 If it gets really hard, what is your plan?

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8 Write a message to yourself that you could read at this event to remind you to follow the plan.

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9 Write a mantra that you can say quietly in your head.

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