



## Assertiveness Development Plan



Name:

Date:

<p><b><u>S</u>trategy</b> <i>Which technique do I want to try? What specific actions am I going to take?</i></p>	
<p><b><u>T</u>ime</b> <i>When am I going to start? How long will I work on this?</i></p>	
<p><b><u>A</u>chieve</b> <i>How will I measure my achievement? What will success look like?</i></p>	
<p><b><u>R</u>esources</b> <i>What additional resources do I need? Are there people who can support me?</i></p>	
<p><b><u>T</u>est</b> <i>What potential tests or barriers might I face? How will I overcome these?</i></p>	

*Research suggests we are more likely to achieve our goals when someone holds us accountable. Consider sharing your plan with someone you know and asking them to check on your progress.*