Steps for Making your Plan of Action

1. Choose the first fear, anxiety, or worry you want to tackle
2. Choose a **specific goal** you want to reach based on the anxiety you chose
3. Brainstorm different steps or **exposure activities** to complete
   (these steps will make up your plan of action)
4. Give each exposure activity a rating using the **anxiety intensity scale**
5. Order the activities from least to most scary
6. Choose a **motivation booster** or number of **points** for each activity