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Caregiver Burnout Action Plan

Next Steps

A specific goal I want to achieve is:

My 1st step is to:

I will achieve this by the following date:

My 2nd step is to:

I will achieve this by the following date:

My 3rd step is to:

I will achieve this by the following date:

My 4th step is to:

I will achieve this by the following date:

I know this will help me in the following ways (Check all that apply):

I will feel accomplished

I will have more time freed up for other things

I will feel relieved

I will be more organized and focused

Other:

“Going Public”

Research shows that sharing your goals with another person helps you be more accountable and achieve your goals. Consider who you will tell or how you will publicize your goals or steps with family, friends, or colleagues. You could meet or telephone a friend, e-mail people you know, etc.

I will make a public commitment to my goal by...
