

## Trigger Action Plan Worksheet

The beauty of tracking triggers is that once you have identified the problems, you can create a plan to manage them. With practice, you will learn which actions work the best to overcome specific triggers. Use this sheet to help you keep track and so that when the old gray rhino in you wants to come out, you have a quick resource to look at!

Trigger	Action Plan
i.e. Kids not getting ready on time in the morning	Print out a morning routine list and post wherever they get stuck
	A.

