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**Form 14.2 - Practice Plan**

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Use this form to generate a plan for continuing to practice these skills after you've completed this program.

	<b>Thinking Skills (Cognitive Flexibility)</b>	<b>Doing Skills (Alternative Action &amp; Exposure)</b>	<b>Being Skills (Mindfulness Meditations, WATCH)</b>
<i>How will practicing this skill help you achieve your long-term goals?</i>			
<i>What is your specific practice plan for this skill?</i>			
<i>How can you hold yourself accountable to your practice plan?</i>			