

## MODEL OF ACTION PLAN

CHOSEN STRATEGY	START (date)	RESULTS Yes (✓) No (✗)
Strategy #__ :  <u>Personal plan :</u>  <u>Adjustments to make :</u>		
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Consult the checklist of the proposed strategies. It is available in the Resources section of Unit 4 and on the tutorial home page.

Your notebooks can be very useful to help you personalize your chosen strategies.

The sleep diaries available in the Resources section (or those that you will design yourself) could be used to visualize the strategies as you try them, and will help you evaluate their usefulness.