



Implementation Intention: Moving into Action
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Implementation Intentions are specific plans of action. The more specific the plan is, the more likelihood for you to move to action. Identify ideas learned from attending this conference. For each idea identify who you could share it with, how you will share it and when you will share it.

Idea Gained	Who (list specific people or groups)	How (method for engagement e.g. email, report, verbal discussion)	When (list specific times; e.g. next week; next meeting)

Post this chart in your office and check off when you have implemented your plan.