

Action Plan – Your individual task for the seventh and last CAT training unit

Your CAT training is going to be over soon and we hope that, based on:

- Your fears and longings, your relations to your biography and the crisis topics that you discovered,
- The values that matter to you and that are at risk at the moment,
- Your vision of what your life and society could look like after the crisis,
- With your power space that you can use,
- Your concrete aim, the steps, stumbling blocks, and resources,

You can now develop your action plan for realisation and prepare for the last CAT meeting. We'd like to give you a structure that might be helpful:

My aim: ... *(please insert)*

What exactly do I do for my aim (describe step in detail)	With whom?	What/who do I need?	When?	Until when?

Enjoy developing this!