

My agreement and acceptance plan

Agreement and acceptance plans encourage you to write down a list of what you feel is within your control, and what is outside of your control. It can be a helpful tool for thinking through a problem, concern or worry, breaking it down into things that you can control (and how you might want to do this) and things that you cannot control (and you may want to find a way of accepting them).

The form below shows you how you can go about creating such a plan.

- On the left is the 'agreement' side - where you can make a list of things that you can and want to do, which are within your control. For example, you can decide that when you go outside you will wear a face mask to keep yourself safe.
- On the right is the 'acceptance' side - where you can make a list of things that are outside of your control and that you may therefore need to accept or let go in order to move forwards. For example, you cannot control the Governments travel restrictions or how other people are behaving.

Once you have completed the form you can come back to it whenever you like as a reminder. You might also find that things change over time, so it can be a way of reflecting back.

My agreement

What is within my control?

What can I do?

What do I want to do?

My acceptance

What is outside of my control?

What can I let go?

What am I going to accept?

We are grateful to Joanna Dew and the Life Coaching Café for help with developing this resource. For more information visit www.lifecoachingcafe.com