

Brief Action Planning to Engage and Empower Patients

Do you want to help your patients become more actively involved in managing their health? [Brief Action Planning](#) is a tool you can use to assist your patients as they set health goals.

Brief Action Planning involves **3 key questions**:

- 1. Is there anything you would like to do for your health in the next week or two?**
 - If they are not sure what they want to work on, ask permission to share a few ideas.
 - Ask questions to help them make their goal specific and attainable (when, where, how often, etc.).
 - Elicit a commitment statement (“I will walk for 20 minutes every day” rather than “I could walk for 20 minutes every day”).

- 2. On a scale from 1-10, how confident do you feel about carrying out your plan?**
 - Help them problem solve to increase confidence (“4 is better than zero! What would need to happen for your confidence to be a 7 instead of a 4?”).

- 3. Would you like to set a time to check in about your plan and see how things have been going?**
 - Discuss when, how, and with whom follow-up will happen.