

MY BLOT ACTION PLAN

Think of your BLOT as being on a dial - you can dial it up or dial it down depending on the situation.

It's about being intentional with how you manage your BLOT to have the impact you intend to have.



What is my BLOT's name? (max 3 words)

3 specific situations to minimize the presence of my BLOT?

DIAL IT DOWN

3 specific situations where my BLOT is welcome and useful?

DIAL IT UP

MY BLOT ACTION PLAN

**What are 3 triggers
for my BLOT?**

**What are 3 reasons to
manage my BLOT?**

**What are the specific
behaviours that show
up when my BLOT is
present?**

**What are the specific
behaviours that I
WANT to display
instead when my
BLOT is not useful?**

**How will I measure
my progress on my
BLOTS?**