

Personal Plan of Action Worksheet

Participant Name:

Email address:



Question	Response
1. Think of 5 men in your social network, professional network, and/or family that you believe you can influence. Write their names in the 'response' space.	
2. How would you begin courageous conversations with the 5 men identified above?	
3. Who are 2 – 3 community partners you could work with to prevent violence? If you are a student, name 2 – 3 organizations or activities you could participate with to promote non-violence on campus?	
4. In the spaces and places where you have influence what are 2 – 3 steps you can take to prevent violence? What are 2 - 3 actions you will commit to taking over the next 4 – 6 weeks?	
5. What are one to three actions I will commit to taking over the next 3 – 6 months?	
6. What are one to three actions I will commit to taking over the next year?	
7. How can OHMAN support you to implement this plan?	