

Step 3 - plan your first small action

What is the action?	What do you need to do?	Who will help?	When will you do it?	How will you know you have been successful?
<p><i>Example:</i> Bake a cake with the children while we listen and dance to their favourite music</p>	<p><i>Example:</i></p> <ol style="list-style-type: none"> 1) Buy the materials 2) Choose a time when we are not rushed 3) Choose a time when I am in a good mood 4) Focus on the fun we are having and not how the cake turns out or the mess in the kitchen or if they bicker for a turn 	<p><i>Example:</i> My partner will need to look after the baby</p>	<p><i>Example:</i> On Sunday</p>	<p><i>Example:</i> If we all smile, dance and join in</p>
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