

# Bull's-Eye Plan



Values Description  
(Love, Work, Play)

1	2	3	4	5	6	7
Low Consistency						Higher Consistency

**Action Plan:**

## Bull's-Eye Plan Worksheet

1. Begin the conversation by asking what value seems most important as a guide for working with the problem. Ask the patient to talk more about that value, identifying a time in their life when that value inspired them. When they talk about a memory, slow the pace of the interview and encourage them to attend to thoughts and feelings that show up. Ask for more details. Often, patients will experience emotion and, if so, encourage them to allow it and use it to fuel actions they may want to take at this point in life.
2. Reflect on what you hear and then write a statement on the Bull's-Eye Plan using words and images the patient used when talking about the value.
3. Explain that the bull's-eye on the target represents the strongest connection possible between a behavior representing a value and the experience of the value. Explain that its purpose is to direct our attention or focus. Most people do not live day-to-day hitting the target. However, having a target provides a focus for deciding on our actions with greater intention on a day-to-day basis.
4. Ask the patient to choose a number to represent how close to the bull's-eye value statement their behavior has come, on average, over the past 2 weeks (1 is outer circle and 7 is bull's-eye).
5. Ask the patient to plan a specific behavioral experiment to do in the next 2 weeks; one that they believe would tell that they are on target and perhaps have moved closer to the bull's-eye than their average for the previous 2 weeks.
6. If time allows, ask the patient to anticipate possible barriers to their implementing the plan and teach a skill to help the patient address an anticipated barrier. The barriers are often related to skill deficits in one or more of the pillars of flexibility.
7. At follow-up, ask patient to make a mark on the target to indicate consistency between behaviors and the targeted value. Discuss their experience with the plan. Identify barriers to implementing the plan and teach skills that address the barrier(s). Then, plan another behavioral experiment to help the patient move toward flourishing.