

OVEREATERS ANONYMOUS
"TAKING ACTION"
ACTION PLAN
WORKSHOP

AND
INTRODUCTION TO THE NEW OA ACTION PLAN MEETING
AUGUST 16, 2025
9:00AM - 11:00AM ET

*Purpose of Action
Planning*

Making Actions Intuitive

*Understanding Common
LIFE Activities/Events*

*Accountability Buddies
Matched*

*Creating Your 24-Hour
Action Plan Template*

*SMART Goal Lesson &
Activity*

**IF YOU HAVE AN
ACCOUNTABILITY
BUDDY**

BRING THEM WITH YOU

MATERIALS NEEDED:

- **PENCIL/PEN**
- **YOUR UPDATED CALENDAR**
- **JOURNAL FOR YOUR ACTION PLAN**
- **WILLINGNESS/ACTION**

MEETING ID: 862 4055 6828

PASSWORD: 695747

CLICK LINK FOR INSTANT ACCESS

[HTTPS://US02WEB.ZOOM.US/J/86240556828?PWD=ANFWUBGU1ZJIWDJNXD7K0ZCByBj6R2.1](https://us02web.zoom.us/j/86240556828?pwd=ANFWUBGU1ZJIWDJNXD7K0ZCByBj6R2.1)