



# The A.C.T. Model

*"The greatest challenge we face as leaders is leading ourselves"*  
– John C. Maxwell

**A**pply for me

**C**hange in me

**T**each others

## It's All About Application!

Now that you've attended the ASADS 43<sup>RD</sup> ANNUAL SCHOOL – what will you do with all the information, learning and ideas that were suggested? How will you stretch beyond your comfort zone and “blow the Cap off your capacities? How will you take what you've learned and use it to grow yourself **and** to add value to others (staff, team members, clients, family and communities)?

This tool is for your use and thinking throughout the session. It is intended to “jump start” your follow up and adoption actions. A suggested strategy is below. Keep in mind that the tool is not proscriptive and can be revised to fit your unique needs and ways in which you work:

- 1<sup>st</sup>: Use the codes A C T in the margins as you take notes
- 2<sup>nd</sup>: Following the session compile a list of each code (3 separate lists)
- 3<sup>rd</sup>: Prioritize each list
- 4<sup>th</sup>: Using your priorities, take say the first one or two items and work on them for 2-4 weeks until it becomes a habit or instituted change or process
- 5<sup>th</sup>: Continue working through your lists
- 6<sup>th</sup>: This tool might also serve as a process for your team, steering committee, clients, families, recovery community, etc.

Source: John C Maxwell

