



10 Step Action Plan



1

Brainstorm what positive action means for you. What goal do you have and what steps can you take to complete that goal?



2

Talk to a friend and discover your own personal why.



3

Try it out, relationship action taking: Take one step to improve your relationship right now



4

Pick one action step and do it right now. Do not wait for the "tomorrow" that never comes



5

Write down a SAG and do more of the green and less of the red



6

Write a letter to yourself from your future self



7

Mediate on a past success to increase resiliency.



8

List all roadblocks you have faced and might face



9

Find one thing that is holding you back and stop doing that thing



10

Pick up a specific action step and accomplish it right now

