

I'M READY TO CHANGE. NOW WHAT?

I WILL _____ BY _____
AND HERE'S HOW I WILL DO IT:

GET OUT OF YOUR COMFORT ZONE!

Write down one thing that you can do this month that scares you.

Strategic Action Steps

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Who's your support system?

- 1.
- 2.
- 3.
- 4.

Visualize it!
CREATE YOUR
VISION BOARD!

JUST DO IT!