

# SHIFT

Action Plan!



**S**can the module. List the topics that resonated with you.

**H**one in on one or two of those areas that will make the biggest impact for you.

**I**magine the impact. Why is this important to you? How will you feel when you've accomplished this?

**F**igure out your plan and how you will stay on track.

**T**ake Action. Start now. Schedule it now, and include your follow-up.  
*What will I start doing? What will I stop doing? What will I continue doing?*

| Action Item | Due Date | Resources required | Sched<br>√ | Date Complete |
|-------------|----------|--------------------|------------|---------------|
|             |          |                    |            |               |
|             |          |                    |            |               |
|             |          |                    |            |               |

*“The future will depend on what we do in the present.”* - Mahatma Gandhi

**SHIFT** NOTES

