

SHIFT

Action Plan!



Scan the module. List the topics that resonated with you.

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

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

Figure out your plan and how you will stay on track.

Take 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 √	Date Complete

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

SHIFT NOTES

