MODULE 5 · TAKING ACTION · WORKSHEET

Your AHA moment and action plan

Step back, notice what now stands out for you, and turn it into a small commitment you can look back on. Use it with steps 6 to 8 of the module.

Allow 10–15 minutes · Goes with steps 6–8

Name and date

1 Looking back over all five modules, what is important to you now?

What do you really want to do about it?

2 Which take-away from others will you carry with you?

Note the idea and why it matters to you.

3 What is the one action you will take in the next month?

Write your first step, when you will take it, and one person you will invite to join you.

4 Looking back: what happened?

Pick a date to look back, perhaps a week from now. Then note what you did, what got in the way and what you learned.