

5 steps to plussing it: **Taking What's Good and Making It Better**

Plussing it is making thoughtful, purposeful adjustments that add value or create ease. This worksheet will help you take what's already working in your life and make it even better with a few simple steps.

1

IDENTIFY THE GOOD

Think about an area in your life, work, or relationships that is already going well. What's working? What do you love about it? Write it here:

2

DREAM BIG

Imagine how this could be even better. What would make it more effective, enjoyable, or meaningful? Think creatively and brainstorm a few ideas for "plussing it":

3

ADD THE EXTRA

What's the one small action you will take 'plus it'? Choose one idea to experiment with and map it out:

4

ANTICIPATE THE IMPACT

How will plussing this area improve your day-to-day life?

5

APPLY IT AGAIN

Where else in your life could you plus it with some thoughtful, purposeful adjustments?

You just grew your capacity to give a little extra or go a little further - make sure you celebrate it!