

The Next Me: Personal Action Plan

Step 1: Define What You Want More Of

List 3 emotions, states, or experiences you want more of (e.g., clarity, confidence, peace)

Step 2: Identify What's in the Way

Write down 2-3 recurring habits, thoughts, or pressures that keep you from feeling aligned:

Step 3: Align with Your Values

List your top 3 personal values (e.g., growth, freedom, authenticity):

Is your current behavior aligned with these values? Briefly explain:

The FINDING ME JOURNEY

Step 4: Choose One Bold, Aligned Action

Identify ONE action you will take this week that aligns with your values and brings you closer to your WOW:

Step 5: Set Up Accountability

Who will you share your action with? How will you stay accountable?

Step 6: Reflect & Repeat

At the end of the week, reflect on your progress. What did you learn? What worked? What needs adjusting?