

Exercise #4: PERSONAL ACTION PLAN

What are the key insights I gained about myself from this program?

What adjustments do I need to make to better handle the change(s)?

What coping techniques and/or support resources could I use now?

Three *specific* actions I can take now to manage the change are:

Goal #1: _____

Action needed: _____

Target date: _____

Goal #2: _____

Action needed: _____

Target date: _____

Goal #3: _____

Action needed: _____

Target date: _____