

# My Action Plan for 2022



MY GOALS ARE TO:

HOW WILL THIS MAKE ME FEEL?

HOW IMPORTANT IS THIS TO ME?

# My Action Plan for 2022



## ACTIONS TO TAKE

Large empty white rectangular area for writing actions to take.

## MOTIVATIONS

Large empty white rectangular area for writing motivations.

## POTENTIAL PROBLEMS

Large empty white rectangular area for writing potential problems.



# My Action Plan for 2022



## HOW TO TRACK MY PROGRESS

A large, empty light grey rectangular area intended for tracking progress.

## NEXT STEPS

A large, empty light grey rectangular area intended for listing next steps.

