

# Your Action Plan

You live with yourself longer than anyone else in the world. To help bring better balance into your life, develop an action plan and share it with someone who will support you and provide feedback on your progress.

Complete this plan of action. Then set-up a meeting with a person you trust who will give you honest feedback.

## Areas in my life where I am out of balance:

Home

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Career

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Leisure

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## Things I must START doing:      Things I must STOP doing:

Daily \_\_\_\_\_

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Weekly \_\_\_\_\_

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Monthly \_\_\_\_\_

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Daily \_\_\_\_\_

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Weekly \_\_\_\_\_

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Monthly \_\_\_\_\_

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## People I need to communicate with in order to create change at:

Home

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Work

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Leisure

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