

PROACTIVELY MOVING THROUGH CHANGE

PERSONAL ACTION PLAN TO GET UNSTUCK

Write down 2-4 things in each category below.

WHAT DO I HAVE
CONTROL OVER?

WHAT EMOTIONS
AM I FEELING THE
MOST RIGHT NOW?

HOW WILL I COMMIT
TO SELF CARE?

HOW DO I WANT
TO IMPACT
OTHERS?

HOW WILL I
MAINTAIN
CONNECTION
WITH MY TEAM?

HOW WILL I MOVE
FORWARD?